

# **Community Services**

## **Resource List for Residents of Carlisle, MA**

*(Kindly scroll to the item you desire below)*

- 1. Energy Assistance**
- 2. Food Assistance**
- 3. Home Furnishing Assistance for Low Income residents**
- 4. Clothing Assistance**
- 5. Car Assistance**
- 6. Low Cost Health Services**
- 7. Resources for Children and Families**
- 8. Financial Assistance Programs**
- 9. Tax Exemptions and Deferrals**
- 10. Housing Consumer Education**
- 11. Free Home Mortgage Assistance**
- 12. Low Income Tax Assistance**
- 13. Disability Services**
- 14. Mental Health Services**
- 15. Legal Services**
- 16. Domestic Violence Treatment Services**
- 17. Job Assistance Information.**
- 18. Local Houses of Worship**

**This list is continually being updated. If you have any questions about these or any other resources available to you, please contact**

**Julia Crozier,  
Community Services Coordinator for Concord and Carlisle.**

**105 Everett Street  
Concord, MA 01742  
978-318-3034  
[jcrozier@concordma.gov](mailto:jcrozier@concordma.gov)**

## ENERGY ASSISTANCE FOR CARLISLE RESIDENTS

<p><b>Good Neighbor Energy Fund</b>                  24 hour Information line: <b>800-334-3047</b>  <a href="http://www.magoodneighbor.org">www.magoodneighbor.org</a>  <b>Contact Angela Smith at Council on Aging</b>  <b>978-371-2895</b></p> <ul style="list-style-type: none"> <li>• Provides \$300 towards energy bills (oil, gas, electric) per eligible household per heating season.</li> <li>• Administered by the Salvation Army.</li> <li>• Call the 24 hour information line or go to their web-site for more information</li> <li>• Contact local Salvation Army contact number above to request an application.</li> </ul>	<p><b>Community Teamwork, Inc.</b>      <b>978-459-0551</b>  <a href="http://www.comteam.org">www.comteam.org</a>                  45 Kirk Street, 2<sup>nd</sup> Floor                  Lowell, MA 01852</p> <ul style="list-style-type: none"> <li>• Fuel assistance for low income residents, <i>including those whose heat is included in their rent.</i></li> <li>• Provides similar assistance to the Town of Carlisle Fuel Assistance Program</li> </ul>
<p><b>Citizen's Energy</b>  <b>Oil Heat Program/Distri-gas Program</b>  <b>617-338-6300</b>  <a href="http://www.citizensenergy.com">www.citizensenergy.com</a></p> <ul style="list-style-type: none"> <li>• Go to web-site to fill out on-line application.</li> <li>• OR call the toll free number to request an application for discount heating oil.</li> <li>• For <b>Gas assistance contact 1-866-427-9918</b> for an application. Those eligible will receive 150.00 towards their gas bill.</li> </ul>	<p><b>Carlisle Council on Aging</b>      <b>978-371-2895</b>  <b>66 Westford Street</b>  <b>Carlisle, MA 01741</b></p> <ul style="list-style-type: none"> <li>• Town of Carlisle Fuel Assistance Program runs November 1 – April 30th.</li> <li>• Based on income, residency and financial need.</li> </ul>

## FOOD ASSISTANCE

<p><b>Community Supper, Inc.</b>      <b>978-790-3457</b>          St. Matthews Methodist Church          435 Central Street Acton, MA</p> <ul style="list-style-type: none"> <li>• Free dinner every Wednesday night from 5:30pm-6:45pm</li> <li>• Clothes Closet/Free clothing</li> <li>• Food Pantry: 18 Windsor Ave is open 10-7 on Wednesdays</li> <li>• <b>All are welcome</b></li> </ul>	<p><b>Open Table, Inc.</b>      <b>978-369-2275</b>          Trinitarian Church          54 Walden Street          Concord, MA  <a href="http://www.opentableinc.org">http://www.opentableinc.org</a></p> <ul style="list-style-type: none"> <li>• Free dinner Thursdays 5:30-6:45 pm</li> <li>• Food Pantry Thursdays 5:30-6:45pm</li> <li>• Transportation provided for both individuals and families</li> <li>• <b>Open to resident of any town.</b></li> </ul>
<p><b>Sudbury Community Food Pantry</b>      <b>978-443-7725</b>          Our Lady of Fatima Church          160 Concord Rd.          Sudbury, MA</p> <ul style="list-style-type: none"> <li>• Tuesdays and Thursdays 12:00-2:30pm</li> <li>• Residents can use pantry 2x per month</li> <li>• <b>Non-residents 1x per month.</b></li> </ul>	<p><b>Open Table, Inc.</b>      <b>978-823-0082</b>          Union Congregational Church          80 Main St.          Maynard, MA 01754  <a href="http://www.opentableinc.org">http://www.opentableinc.org</a></p> <ul style="list-style-type: none"> <li>• Dinner: Mon. 5:30 pm-6:30 pm</li> <li>• Pantry: Mon. 5:30 pm-6:30 pm</li> <li>• <b>Open to residents of any town</b></li> </ul>
<p><b>Helping Hand Pantry</b>      <b>617-876-4381</b>          St James Episcopal Church          1991 Massachusetts Avenue,          Cambridge, MA 02140          Tuesday 6:00 p.m. – 8:00 p.m.          Thursday 11:00 a.m.– 1:00 p.m.          Saturday 10 – 12:00 p.m.</p> <ul style="list-style-type: none"> <li>• <b>Bring Photo ID</b></li> <li>• <b>Open to residents of any town</b></li> </ul>	<p><b>Serve New England</b>      <b>1-888-742-7363</b>  <b><a href="http://www.servenewengland.org">www.servenewengland.org</a>.</b></p> <p>Purchase food below retail cost in exchange for 2 hours of community service per month.</p> <ul style="list-style-type: none"> <li>• Contact Ayer Chapter Representative, Donna Snowdon, 978-345-1396 or Lowell Chapter Representative, Terry Dubois at 978-256-8554, for more information.</li> </ul>
<p><b>Neighborhood Supper</b>      <b>978-486-3245</b>          Congregational Church          330 King St.          Littleton, MA</p> <ul style="list-style-type: none"> <li>• Free dinner Tuesdays 5:30pm-6:45pm</li> <li>• Open to any resident of any town</li> <li>• <b>Please call ahead of time, for weekly change in location</b></li> </ul>	<p><b>Project Bread Food Source Hotline</b>  <b>800-645-8333</b></p> <ul style="list-style-type: none"> <li>• <i>Monday - Friday, 8 A.M. - 7 P.M.;</i></li> <li>• <i>Saturday, 10 A.M. - 2 P.M.</i></li> </ul>
<p>Great Boston Foodbank Website: <a href="http://www.gbfb.org">www.gbfb.org</a></p> <p><b>WIC (Women’s, Infants and Children’s) Program</b>          366 Broadway St. Suite 102 Somerville MA          617-666-5059</p>	<p style="text-align: center;"><b>GOVERNMENT FOOD ASSISTANCE</b></p> <p><b>Food Stamp Assistance:</b> 1-866-950-FOOD or <a href="http://www.mass.gov/dta">www.mass.gov/dta</a> or <a href="http://www.gettingfoodstamps.org">www.gettingfoodstamps.org</a>. If you need assistance with an application, call Angela Smith at Carlisle Council on Aging at 978-371-2895</p>

## HOME FURNISHING ASSISTANCE

### Household Goods Recycling of Massachusetts

530 Main St, Acton Ma 01775

**978-635-1739**/<http://www.hgrm.org>

- Free household goods: furniture, appliances, dishes
- Requires a referral from clergy, social worker etc

### Freemesa

<http://www.freemesa.org>

- Free Furniture and Other items:
- Follow directions on web-site to create an account and give away or find free items of all kinds.

## CLOTHING ASSISTANCE (Free or Low-Cost)

<p><b>Acton Congregational Church</b>  <b>978-263-2728</b></p> <ul style="list-style-type: none"> <li>• Wed 5:30-6:45, clothes closet</li> </ul>	<p><b>Salvation Army</b>            Framingham Location            1422 Water Street            Framingham MA  <b>978-348-1044</b></p>
<p><b>Closet for the Needy</b>            St Elizabeth's Church            Acton MA  <b>978-263-4305</b></p> <ul style="list-style-type: none"> <li>• By appointment only</li> </ul>	<p><b>Salvation Army</b>            Somerville Location            483 Broadway            Somerville MA  <b>781-395-9783</b></p>
<p><b>The Garment District (Dollar a Pound Clothing)</b>            200 Broadway Ave            Cambridge, MA  <b>617-876-5230</b></p>	<p><b>Salvation Army</b>            Cambridge Location            328 Mass Ave            Cambridge MA  <b>617-354-9159</b></p>
<p><b>Goodwill</b>            Cambridge Location            520 Massachusetts Avenue            Cambridge, MA  <b>(617) 868-6330</b></p>	<p><b>Goodwill</b>            Somerville location            30 Elm Street            Somerville, MA  <b>(617) 628-3618</b></p>

## CAR ASSISTANCE

<p style="text-align: center;"><b>Good News Garage</b></p> <p style="text-align: center;"><a href="http://www.goodnewsgarage.org">http://www.goodnewsgarage.org</a></p> <ul style="list-style-type: none"> <li>• <b>Good News Garage Donated Vehicle Program</b></li> <li>• <b>Jump-start Program.</b> Provides car repairs to qualified recipients.</li> <li>• If you would like to find out if you qualify to enter the application process, please contact <a href="#">Sara Milardo</a>, Client Coordinator or call 860.218.2970, ext 4#.</li> </ul>	<p style="text-align: center;"><b>Free Charity Cars.</b></p> <p style="text-align: center;"><a href="http://www.freecharitycars.org">http://www.freecharitycars.org</a></p> <p style="text-align: center;">“Even if you don't need a Free Charity Car you can create a profile to receive gifts, automotive related help, or you can transfer your votes to a deserving friend. This is your opportunity to tell the world your story! Explain why you are the most deserving candidate”</p>
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## LOWER COST HEALTH SERVICES

### COMMUNITY HEALTH CENTERS

*Sliding scale fees/ free care/ insurance*

#### **Community Health Connections**

##### **Family Health Center**

**978-665-5820**

Fitchburg MA

Third Floor of the Bullock Building,

Burbank Campus, 275 Nichols Road, Fitchburg.

#### **East Somerville Health Center**

**617-665-3990**

42 Cross Street

Somerville, MA 02145

#### **Greater Lawrence Family Health Center**

11 Lawrence Street, 3rd Floor

Lawrence, MA 01840

Telephone: 978-685-7663

#### **Joseph M. Smith**

**781-693-3800**

#### **Community Health Center**

564 Main Street

Waltham, MA 02452

*must receive primary care in this office to get dental care*

#### **Windsor Street Health Center**

**617-665-3900**

119 Windsor Street

Cambridge, MA 02139

### PRESCRIPTION ASSISTANCE

#### **Massachusetts Medline**

**1-866-633-1617**/[www.massmedline.com](http://www.massmedline.com)

Assists families to find an economical way to Save on prescription medication.

The **Citizens Health Prescription Drug Program** reduces the costs of medications to senior citizens and uninsured working families. To learn more about the Citizens Prescription Drug Program, call 1-800-JOE-K-4RX.

### ADVOCACY AND INFORMATION

#### **Consumer Health Helpline :: (800)272-4232**

Questions on co-payments, health insurance rules, directions. Program eligibility and more.

### GOVERNMENT HEALTH CARE PROGRAMS

#### **Medicare**

1-800-633-4227

[Medicare.gov](http://Medicare.gov)

Health coverage for in-patient and out-patient care for those who are 65 and meet eligibility requirements.

#### **Mass Health/Medicaid**

Mass Office of Health and Human Services

1-800-841-2900

[Mass.gov/Masshealth](http://Mass.gov/Masshealth)

Health coverage for costs not paid by Medicare for those who meet income and other eligibility requirements. Call Mass Health for an application.

### STATE HEALTH CARE PROGRAMS

#### **Commonwealth Care and Commonwealth Choice**

1-877-MA-ENROLL

1877-623-6755

[www.macommonwealthcare.com](http://www.macommonwealthcare.com)

### FREE EYE EXAMS

American Optometric Association

1-800-766-4466

[www.aoa.org](http://www.aoa.org)

Provides free eye exams for low income children or adults who live in households with at least one working family member by no eye care insurance. Can be used every 2 years.

**CHILDREN'S DENTAL NEEDS**

**Mass Dentists CARE  
(800) 342-8747.**

Children through the age of 18 from income-eligible families who do not have either dental insurance or Mass Health coverage are invited to participate.

Write to the Massachusetts Dental Society for an application (one application per family) at:

Mass Dentists CARE  
c/o Massachusetts Dental Society  
Two Willow Street, Suite 200  
Southborough, MA 01745

**FREE DENTAL CARE For Homeless**

**St. Francis Clinic  
857-654-1885**

Boylston St. Boston Indiv w/ mass health/ free dental

**LOW COST DENTAL SCHOOLS**

**Dental Hygiene Clinic      978-656-3250**

Middlesex Community College  
44 Middle St. Lowell  
Low cost dental hygiene services  
September –April

**Tufts Dental Clinic      617-636-6828**

One Kneeland Street  
Boston, MA  
Reduced fees for dental work

**The Forsyth Institute      617-262-5200**

140 The Fenway  
**www.forsyth.org**  
Boston, MA 02115

**Boston Univ. Dental School      617-638-4761**

100 East Newton Street  
Boston, MA

**Harvard School of Dentistry      617-432-1434**

188 Longwood Ave  
Boston, MA

**Boston Medical Center      617-414-4046**

Walk-in Clinic for those in extreme dental pain  
**Mon, Tues, Thurs, Friday 6 AM-ONLY**  
850 Harrison Ave  
Boston, MA

## RESOURCES FOR CHILDREN AND FAMILIES

### **Parents Helping Parents**

**1-800-882-1250**

**[info@parentshelpingparents.org](mailto:info@parentshelpingparents.org)**

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

**PARENT AIDES** As a Volunteer Parent Aide, you can give these families support and encouragement by becoming a trusted friend and role model. If you feel you can be non-judgmental, patient and a good listener, **call Sue Green at Concord Family Service 978-369-0221.**

**YOUNG PARENT PROGRAM** meets Thursdays from 3 to 4:30 p.m. for mothers under 25 through Concord Family Service, 111 Old Road to Nine Acre Corner, Concord. Free child care provided. Call Sue Green at 978-287-0221.

### **Child Care Search**

**978-897-6400**

**800-455-8326**

2352 Main St. Suite 102

Concord

Free referrals to licensed child care programs including centers, nursery schools, family child care providers, school-aged programs and summer camps. Information on child care subsidies and preschool tuition assistance is also available.

### **Community Partnership for Children Assistance Programs**

**978-202-1146**

Tuition assistance for preschool and childcare for children of working parents aged 2.9 to 5.0

### **First Connections**

**978-287-0221**

Free- low cost support groups, playgroups and programs for families with children under 5.

### **Concord- Carlisle**

#### **Newcomers Club**

**978-287-5115**

<http://www.concordcarlislenewcomers.org/>

Welcomes newcomers (less than 3 years) to Concord Carlisle and Lincoln and helps them start a social life. Range of activities for parents and children.

#### **Center for Parents and Teachers**

**(978) 318-1510 ext. 145**

120 Meriam Road

Concord, MA 01742

Educational programs for parents with children of all ages.

#### **Concord- Carlisle Parent Initiative**

**978-287-5969**

C/O Concord Public Schools

120 Meriam School, Concord, MA 01742

The Concord-Carlisle Parent Initiative is a coalition of people whose purpose is to encourage and educate all members of the Concord and Carlisle communities to make healthy decisions. It is our mission to promote an environment within our communities which encourages the health and well-being of its citizens.

#### **Head Start Programs**

**508-820-4631 x 222**

Child care and preschool programs for families below the poverty line, eligible for public assistance, living in certain communities or determined to be at risk for another reasons.

**Groups for Parents of Children 12 and under with ADHD**-Thursdays 12-1 pm Eliot Community Health Center at Emerson Hospital. **Betsy Wisch-978-369-1113**

**Parental Stress Hotline 1-800-632-8188**

**FINANCIAL ASSISTANCE  
For Carlisle Residents**

**Carlisle Neighbor Fund**

- **Case by case** grants administered by Carlisle congregations for Carlisle residents.
- Fund provides financial assistance in the areas of **food, energy, or other short-term, critical needs**.
- Membership in congregation **not** a requirement and does **not** influence chances for grant:

**First Religious Society, 27 School Street.**

**Contact: Reverend Diane Miller - 979-369-5180.**

**Congregational Church of Carlisle - 147 School Street.**

**Contact: Pastor Steven Weibley - 978-369-7830.**

**St. Irene Roman Catholic Church, 181 East Street.**

**Contact: Father Thomas P. Donohoe - 978-369-3940**

**Board of Selectmen Trust Funds\***

**978-369-6136**

- **Caroline E. Hill Fund** – Funds for any resident of the Town “who is temporarily in financial difficulties, and is deserving in the opinion of said Board, of such assistance.” Also, provides college scholarships.
- **Joanna Gleason Silent Poor Fund** – “to be annually distributed, among the needy inhabitants of the town.”
- **Mary A. Heald Poor Fund** - “For the benefit of the worthy poor in town.”
- **Fred E. and Ruth M. Robbins Fund** – Interest-free college loans.
- **Donald A. Lapham Scholarship Fund** – Tuition Scholarship fund.
- **Alvin R. Titus Scholarship Fund** – Scholarship fund.
- **Simon Blood, Jr. School Fund.**

\*Please note that guidelines and requirements vary from fund to fund. Please contact Board of Selectmen’s Office for further information

## **OTHER FINANCIAL ASSISTANCE\***

\*more information about all programs at [www.massresources.gov](http://www.massresources.gov)

**The following programs are all accessible at  
Department of Transitional Assistance  
131 Davidson Street  
Lowell, MA 01852  
978-446-2400**

### **Transitional Aid to Families with Dependent Children (TAFDC)**

Provides time-limited cash benefits to certain families with dependent children and pregnant women in the last 120 days of pregnancy who are deprived of support by the other parent. Contact DTA at number above.

### **Emergency Aid to Elders, Disabled and Children (EAEDC)**

Elders, the disabled, children, and certain other individuals are eligible for EAEDC if they have very little income and resources. Provides cash and medical assistance to needy families and individuals who are not receiving TAFDC, SSI, or other similar benefits. Contact DTA at number above.

### **Supplemental Security Income (SSI)**

Cash assistance program for people who are 65 or older and for people of any age who are disabled or blind. SSI is for people with little income and few assets. Recipients are also eligible for Mass Health, food stamps, disaster and moving expenses, burial expenses, and fuel assistance. Contact DTA at number above.

## **TOWN OF CARLISLE TAX EXEMPTIONS and DEFERRALS:**

- **Contact Melissa Stamp, Principal Assessor for info on all Tax exemptions and Deferrals at 978-369-0392**
- All exemptions below, must be filed within ninety days after Tax Bills are sent out January 1.

### **TAX EXEMPTIONS PROGRAMS:**

#### **Aid to the Elderly and Disabled Fund**

- Applications for this voluntary taxation fund must be received by March 31<sup>st</sup>.
- **Must meet income and asset criteria to be considered**
- Residents sixty-five or older or disabled (under clauses 18/22/37)) must meet income and asset criteria to be considered.

#### **Veteran's Exemption**

- Available to Veterans who have a service connected disability of 10% or more, Veterans who have been awarded the Purple Heart, Gold Star
- Available to Mothers and Fathers, and spouses and surviving spouses of Veterans.

#### **Community Preservation Surcharge Income Exemption**

- Exemption for both seniors and families

### **TAX DEFERRAL PROGRAMS**

#### **Tax Deferral Program**

- Available to property taxpayers, **sixty** years or older, with gross annual income receipts of not more than \$42,808.

#### **Elderly Work Program**

##### **Contact the Council on Aging at 978- 371-2895**

- Property owners age sixty and over are eligible to apply for this program.
- Sixteen applicants are matched to town department requests and work 87.5 hours to acquire a tax credit of \$700.
- Most placements occur in June although applications are accepted year round.

## **HOUSING CONSUMER EDUCATION CENTERS\***

**<http://www.masshousinginfo.org>**

**1-800-224-5124**

Renter Education Offers rental information on security deposits leases, fair housing help with resolving disputes.

Home buyer education Offers basic homeownerships education. Info on low-interest mortgages and eligibility guidelines.

Homeownership Support Post purchase education to address problems which may lead to mortgage default or foreclosure.

Landlord Education. Information for rental property owners and managers on landlord rights and responsibilities.

### **\*Community Teamwork, Inc**

167 Dutton Street

Lowell, MA 01852

978-459-0551

1800-698-0551

<http://www.comteam.org>

## **FREE HOME MORTGAGE ASSISTANCE**

### **Home Preservation Coalition of the Merrimack Valley**

450 Merrimack Street

Lowell, MA 01852

978-970-0600 ext. 1

Free Counseling and other services to homeowner's facing foreclosure

**To learn more about foreclosure prevention resources:** please visit NeighborWorks America Foreclosure Resources and Coalition for a Better Acre's Fact Sheet:

<http://www.nw.org/network/foreclosure/default.asp>.

## **FREE TAX ASSISTANCE**

### **Community Teamwork, Inc**

Gail Fortes-978-654-5080 ext. 24

*Basic Tax Assistance. Call for updates on Tax clinic days and locations.  
Does not help business owners. (See next page for check-list for EITCs)*

### **Bentley Low Income Taxpayer Clinic**

175 Forest Street  
Morison 101  
Waltham, MA 02452

Program Director: Diane Wilson

Phone: 781.891.2083

Fax: 781.891.3410

[dwilson@bentley.edu](mailto:dwilson@bentley.edu)

*Provides FREE tax assistance to low-income taxpayers, evaluated on a person-by-person basis and performed by Bentley University graduate students. We offer assistance to low income taxpayers in the greater Boston area. Independent of the Internal Revenue Service (IRS).*

### **Acton Public Library**

486 Main Street  
Acton, MA 01720

*Assistance from AARP/VITA Volunteers. NOT independent of IRS*

### **Bedford Public Library**

7 Mudge Way  
Bedford, MA 01730

*Assistance from AARP/VITA Volunteers. NOT independent of IRS*

### **Bedford Council on Aging**

781-275-6825

For Seniors only from mid-February through April 2.



## DISABILITY SERVICES

<p><b>Massachusetts Office on Disability</b> 800-322-2020 State.ma.us/mod</p> <ul style="list-style-type: none"> <li>Information, technical assistance, and advocacy for people with disabilities.</li> </ul>	<p><b>Massachusetts Commission for the Deaf &amp; Hard of Hearing</b> 1-(800) 882-1155 1-800-530-7570 TTY Mass.gov/mcdhh</p> <ul style="list-style-type: none"> <li>Wide range of services for hard of hearing including case management, classes in sign language, &amp; support groups.</li> </ul>
<p><b>Mass. Commission for the Blind</b> 1-617-727-5550 Mass.gov/mcb</p> <ul style="list-style-type: none"> <li>Variety of services for those who meet eligibility requirements.</li> </ul>	<p><b>Perkins School for the Blind</b> 617-924-3434 Perkins.org</p> <ul style="list-style-type: none"> <li>Variety of services for those who meet eligibility requirements.</li> </ul>
<p><b>Massachusetts Rehabilitation Commission</b> 800-245-6543 State.ma.us/mrc</p> <ul style="list-style-type: none"> <li>Vocational rehabilitation, independent living, employment services, van and home modifications, home care assistance.</li> </ul>	<p><b>THE RIDE from the MBTA</b> 1-800-533-6282 Mbita.com</p> <ul style="list-style-type: none"> <li>Wheelchair-accessible rides for those with disabilities who fill out an application and are accepted. Purchase of tickets required at nominal fee. Call COA or MBTA for an application.</li> </ul>
<p><b>Ride Right</b> 978-534-6696</p> <ul style="list-style-type: none"> <li>Wheelchair accessible transportation to medical appointments. Fee is charged.</li> </ul>	<p><b>Trinity Ambulance/Chair Car</b> 978-441-9999</p> <ul style="list-style-type: none"> <li>Wheelchair accessible transportation to medical appointments. A fee is charged; accepts Medicare and Medicaid.</li> </ul>
<p><b>Disability Law Center (see Legal Services)</b> 11 Beacon Street, Suite 925 Boston, MA 02108 (800) 872-9992 Voice (800) 381-0577 TTY (617) 723-9125 Fax</p> <ul style="list-style-type: none"> <li>Information, referral, technical assistance and representation regarding legal rights and services including Access to Community Services ;Special Education Health Care; Disability Benefits; Rights and Conditions in Facilities.</li> </ul>	

## MENTAL HEALTH RESOURCES

### HELP DURING A CRISIS

**National Suicide Prevention Hotline 1-800-273-TALK. 1800-799-4TTY**(for DEAF)

**Samaritans, Inc.** is a non-denominational, free and confidential 24-hour phone befriending line. Boston at **(617) 247-0220** Framingham at **(508) 875-4500.**  
[www.befrienders.org](http://www.befrienders.org) **Samaritans Teen Line: 1-800-252-8336** (Statewide)

### National Hopeline Network

[www.hopeline.com](http://www.hopeline.com)

**1-800-422-4673 or 800-SUICIDE**

### Eliot Community Human Services

ORNAC Concord, MA 01742 **1-978-369-1113**  
[www.Eliotchs.org](http://www.Eliotchs.org)

Services for adults and families: individual and family treatment, group therapy, support groups, medication consultation. Low cost services

### SMOC Behavioral Health Services

508-879-2250

Serving individual, family or group counseling for children adolescents and families. Home-based therapy and counseling programs at area schools.

### Widowed Outreach Service

Emerson Hospital

978-287-3270/[www.Emersonhospital.org](http://www.Emersonhospital.org)

Support group for all those who have recently lost a spouse or significant other.

### Hospice Care, Inc.

**781-279-4100**

### Hospicecarema.org

Offers various support groups for those who are recently bereaved.

1 781-982-3318

### Mass Council on Family Mediation

[www.mcfm.org](http://www.mcfm.org)

Phone: 781-449-4430

Provides information about divorce and family mediation.

### VCAT Substance Abuse Program

781-687-2580

[visn1.med.va.gov/bedford/](http://visn1.med.va.gov/bedford/)

Substance abuse counseling, support groups, and other services, and aftercare programs for veterans with substance abuse difficulties.

**Alcoholics Anonymous** [www.aaboston.org](http://www.aaboston.org) 617-426

9444. The only requirement for membership is a desire to stop drinking.

### Al-anon Family Groups of Massachusetts

**[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)** Boston area(508) 366-0556

For Family and Friends of Alcoholics. Includes **Ala-teen meeting listings**

**Drug and Alcohol Help-line** 1800-327-5050

### Wayside Youth and Family Services

**Recovery Groups for Women with Controlling Partners**

Carol Lambert, LICSW

978-369-0259 or 617-484-2272

Hadley Taylor Risk, LICSW

978-369-2208

Insurance accepted. All Groups are sliding fee scale. All conversations are confidential

### American Association for Marriage and Family

**Therapy. [www.aamft.org](http://www.aamft.org)** 703-838-9808

### National Association of Social Workers.

**[www.socialworkers.org](http://www.socialworkers.org)** 1-202-408-8600

### Depression Bipolar Support Alliance of Boston

617-855-2795 For people with affective disorders such as depression and bipolar disorder and their families. Group meets Wednesday from 7:00 to 9:00pm at McLean Hospital (in Belmont, Massachusetts) deMarneffe Building cafeteria. Call for other mtg times

### National Alliance on Mental Illness (NAMI)

**Central Middlesex Affiliate.** 781-982-3318 Email:

[nami.cmsx@gmail.com](mailto:nami.cmsx@gmail.com) <http://www.nami.org>

support groups for family and friends of person with mental illness. West Concord Union Church meeting-

First Thursday of the month. Call for other meeting times

## LEGAL SERVICES

<b>LEGAL SERVICE</b>	<b>CONTACT</b>	<b>COST</b>	<b>DESCRIPTION</b>
<b><u>American Civil Liberties Union of Mass.</u></b> <a href="http://www.aclum.org">http://www.aclum.org</a>	99 Chauncey St. Boston Mass 617-482-3170	varies	Individual Rights, Wills, Estates
<b><u>Boston Bar Association Lawyer Referral Services</u></b> <a href="http://www.bostonbar.org">http://www.bostonbar.org</a>	(617) 742-0625	varies	Referrals to private attorneys, including reduced fee panel. Serves mainly Greater Boston, inside Route 495, but will provide referrals throughout Massachusetts.
<b><u>Dial-A-Lawyer</u></b> <a href="http://www.diallawyers.com">http://www.diallawyers.com</a>	617-338-0610	varies	The <i>first</i> Wednesday of every month you can get free legal help, by telephone, <i>from</i> 5:30 p.m. to 7:30 p.m. Lawyer volunteers staff phones to answer your questions.
<b><u>Legal Advocacy &amp; Resource Center</u></b> <a href="http://www.larcma.org">http://www.larcma.org</a>	800-342-5297	<b>Free/Low Cost</b>	Provides telephone information, <i>pro se</i> assistance and referrals to legal service agencies. Intake hours: <i>Monday, Tuesday, Thursday and Friday from 9:00 a.m. to 12:30 p.m. and 2:00 p.m. to 3:30 p.m., Wednesday 9:00 a.m. to 12:30 p.m.</i>
<b><u>Massachusetts Bar Association Lawyer Referral Service</u></b> <a href="http://www.massbar.org">http://www.massbar.org</a>	617-654-0400 800-392-6164 <a href="http://www.massbar.org">www.massbar.org</a>	varies	Referrals to private attorneys, including <b>reduced fee panel.</b>
<b><u>National Lawyers Guild</u></b>	617-227-7008	<b>Low/moderate income</b>	Lawyer referral service geared to low and moderate income clients, women and minority rights issues. Spanish speaking staff available. Serves Greater Boston. <i>Monday-Friday 10 am-2 pm</i>

<p><b><u>Metro West Legal Services</u></b>  <a href="http://www.mwlegal.org">http://www.mwlegal.org</a>          63 Fountain          Suite 304          Framingham Mass</p>	<p>508-620-1830          800-696-1501</p>	<p>Low-income          Screening</p>	<p>Family law, education, senior, housing, gov't benefits, private bar involvement, and health care access. <b>Walk-in and phone: Mon, Wed, Fri- 2 PM-4PM and Tues, Thurs- 9:30AM-12:00 PM.</b> Call and leave a message with your contact information to be placed in cue for an intake assessment. Walk-ins accepted.</p>
<p><b><u>Greater Boston Legal Services</u></b>  <a href="http://www.gbls.org">http://www.gbls.org</a>          197 Friend St          Boston, MA</p>	<p>617-371-1234  <a href="http://www.gbls.org">www.gbls.org</a></p>	<p><b>Low income          Screening</b></p>	<p>Requires phone in take or walk in screening for low income eligibility. Civil cases employment housing immigration, welfare consumer information, family law. <i>Monday –Friday, 9 AM-11AM</i></p>
<p><b><u>Harvard Legal Aid Bureau</u></b>  <a href="http://www.harvardlegalaid.org">www.harvardlegalaid.org</a>          23 Everett          Cambridge MA</p>	<p>617-495-4408</p>	<p><b>Low- Income          Screening</b></p>	<p>Student run. Legal aid services. Phone intake and legal advice. No charge. Focus on housing, eviction, domestic/family, government benefits, disability and unemployment. <i>Monday-Friday 9 AM-5 PM</i></p>
<p><b><u>Disability Law Center</u></b>  <a href="http://www.dlc-ma.org">http://www.dlc-ma.org</a>          11 Beacon Street,          Suite 925          Boston, MA 02108</p>	<p>(617) 723-8455 /          (800) 872-9992          Voice            (617) 227-9464 /          (800) 381-0577 TTY          (          617) 723-9125 Fax</p>	<p>Serves people with disabilities. who have a wide range of physical, psychiatric, sensory and cognitive disabilities.</p>	<p>The Disability Law Center (DLC) is the Protection and Advocacy agency for Massachusetts. DLC is a private, non-profit organization responsible for providing protection and advocacy for the rights of Massachusetts residents with disabilities. Provides info referral, technical assistance and representation regarding legal rights and services for people w/ disabilities including: Access to Community Services Special Education; Health Care; Disability Benefits.</p>

<p><b>Health Law Advocates, Inc.</b>  <a href="http://www.healthlawadvocates.com">www.healthlawadvocates.com</a>30  Winter Street, Suite 1004  Boston, MA 02108</p>	<p>Ph: 617-338-5241  Fax: 617-338-5242</p>	<p>Clients are low and middle income residents from all parts of the State. Many are children, elderly, or coping with disabilities. All face barriers to health care treatment that result in suffering and loss.</p>	<p>Dedicated exclusively to health care access. With our parent organization, <u>Health Care For All</u>, HLA combines legal expertise with grassroots organizing and policy reform to advance the statewide movement for universal health care access. Health Law Advocates provides free legal assistance to hundreds of Massachusetts families each year.</p>

## **DOMESTIC VIOLENCE TREATMENT SERVICES**

**Domestic Violence Services Network/  
P.O. Box 1556  
Concord, MA 01742  
www.dvvap.org  
Help-line 888.399.6111**

Programs offered by Domestic Violence Services Network:

### ***Domestic Violence Victim Assistance Program (DVVAP)***

DVVAP Advocates support clients in identifying their own pace for change and finding appropriate intervention. Also assists in risk assessment, safety planning, and referrals to viable effective and appropriate resources. DVVAP works in collaboration among the Acton, Bedford, Boxborough, Carlisle, Concord, Lexington, Lincoln, Maynard, and Stow Police Departments, and Hanscom Air Force Base

### ***Court Support Program (CSP)***

CSP advocates Provides victim of domestic violence with court advocates to help orient clients , answer clients questions about procedures and court personnel, offer non=-

### ***Recovery Groups for Women with Controlling Partners (sponsored by Network for Women's Lives)***

Insurance accepted. All Groups are sliding fee scale  
All conversations are confidential  
For more information, contact group facilitators  
Carol Lambert, LICSW  
978-369-0259 or 617-484-2272

### ***Network for Women's Lives***

Serving Middlesex County, Network for Women's Lives, raises awareness about Domestic Violence in our communities by offering education, information and resources for victims and those who care. For more info, please call 978-287-4089 or email: [info@networkforwomenslives.org](mailto:info@networkforwomenslives.org)

For more information on *all programs* contact:

Jacqueline Apsler, Executive Director  
978-318-3441 or  
Alison Gilbert-Tarmy LCSW, MPH, Direct Services Manager  
p 781-687-6187 X 119

### **Concord Police Department**

911 in emergencies or in situations involving violence and abuse.  
Non-emergencies 978-318-3400 or  
[www.Concordpd.org](http://www.Concordpd.org)

**Minuteman Senior Services**

Protective Services Program  
888-222-6171; 781-272-7177  
Minutemansenior.org

Comprehensive Services for elders living at home who are self-neglectful and those who are being abused, neglected, or financially exploited by family, caregivers, or others.

**Reach**

781-891-0724 (main number during business hours)  
800-899-4000 (hotline, always open)  
Reachma.org

Support groups, help with police and court procedures, and emergency shelter for women who are victims of domestic violence. Contact intake coordinator Joanne Rojas 781-891-0724 ext 101 or Maria Pizzimenti 781-891-0724 ext 102

**Support Group for Women with Controlling Partners** 978-369-0259

Sponsored by Network for Women's Lives

**Victim Witness Unit of the Concord District Court** at District Attorney's Office -978-369-0226

**Voices Against Violence**-Offers support groups for victims of domestic violence. They also offer groups for sexual assault survivors. 1800-593-1125

**Asian Taskforce against Domestic Violence**- 617-338-2355

**Rape Crisis Center**- 1-800-542-5212

**Rape Crisis Services**- 24 hour, toll free Hotline-1-800-542-5212

**National Domestic Violence Hotline**- 1-800-799-SAFE (7233)

**Disabled Abuse**- 1-800-426-9009

**DSS Child at Risk**- 800-792-5200

**Elder Abuse**- 1-800-922-2275

**Safelink** -24 hotline and access to Shelter Information 1-877-785-2020

**Rose Fund**- <http://www.rosefund.org> .Contact [kayhirsch@rosefund.org](mailto:kayhirsch@rosefund.org) or [gwalsh@rosefund.org](mailto:gwalsh@rosefund.org) at 508-457-0031. Provides reconstructive surgeries for women survivors of domestic violence to include medical and dental services that are the result of domestic violence.

# **JOB TRAINING INFORMATION**

## **Adult and Dislocated Worker Program**

The Adult and Dislocated Worker Program is a federal program that provides employment and training services to help economically disadvantaged and dislocated workers find good jobs. Eligible job seekers select the training program they want from an approved list, and use an Individual Training Account (ITA) to pay for the services.

- Adults: 18 years of age or older, who are citizens or eligible noncitizens, with priority given to low-income adults.
- Dislocated workers:
  - workers who have lost their jobs, been laid off, or have gotten termination notices
  - workers who were self-employed but had to close their business because of economic conditions or natural disaster
  - displaced homemakers who were dependent on another family member for financial support but are no longer getting that support and cannot find work

An Individual Training Account (ITA) is an account set up on behalf of an adult or dislocated worker to pay for training services. The purpose of the ITA is to give program participants maximum choice in selecting a training program.

One-Stop Career Centers determine the dollar amount limits, time limits, and other requirements for use of ITA accounts.

- **Intensive services:**

Description: Intensive services are individualized services such as one-on-one career counseling, resume evaluations, case management, and development of individual employment plans.

Eligibility: Job seekers who cannot find work that will lead to self-sufficiency after getting core services may be eligible for intensive services. The One-Stop Career Center decides if intensive services are needed.

- **Training services:**

Description: Training services include occupational skills training, adult education and literacy, and other training programs. Job seekers who are eligible for training services can choose the training program they want from an approved list and use an Individual Training Account (ITA) to pay for the services.

Eligibility: Training services are for job seekers who have received intensive services but still cannot find work that will lead to self-sufficiency. To qualify for training services, job seekers must:

- be in need of training services to find a job leading to self-sufficiency
- have the skills to successfully complete a training program
- be unable to get training grants from other sources
- choose a training program related to current job openings
- meet the admission requirements of the program they choose

Low income job seekers get priority for training funds. Career Centers may provide funds for support services such as transportation and child care to allow eligible job seekers to take part in training programs.

If you are approved for an ITA account, you must choose your training services from the statewide list of ITA-approved programs. A One-Stop Career Center employment counselor will give you information to help you make an informed choice about how to spend your ITA funds. (See last sheet of resource list for local One-stop Career Center)

You can use the Department of Workforce Development's Online Services Training Course Search to find ITA-approved training programs that meet your needs. Select "ITA" from the Approved Course Type drop-down box to find ITA-approved programs.

To apply for the Adult and Dislocated Worker Program and for Individual Training Account (ITA) funds, visit your One-Stop Career Center, or call the Division of Career Services at **617-626-5300**.

## **Apprenticeship Training**

Apprenticeship training is a formal training program registered with the state of Massachusetts that combines on-the-job learning with related technical instruction. Apprenticeship training allows workers to earn wages while learning a skilled trade under the supervision of an experienced journey person.

Apprenticeships are available for a wide range of occupations, from traditional trades to high tech professions. Programs vary in length from 1 to 6 years, depending on the trade, and include 2000 on-the-job training hours plus 150 hours of related technical instruction per year.

Workers interested in apprenticeship training must find a sponsor. Sponsors can be large or small businesses, unions, or other organizations, which are willing to train workers in apprenticeable occupations. The Massachusetts Division of Apprentice Training (DAT) registers and monitors apprenticeship programs and offers technical assistance.

Eligibility requirements vary from one sponsor to another:

- The Division of Apprentice Training (DAT) requires apprentices to be at least 16 years old, but many sponsors have minimum ages of 17 or 18. For hazardous occupations, apprentices must be 18 or older.
- Many sponsors require a high school diploma or GED.
- Many sponsors require physical exams and drug and alcohol tests.
- Some sponsors have additional requirements, such as a driver's license, qualifying grades on an aptitude test, or specific math courses.

For more information contact:

Division of Apprentice Training  
Charles F. Hurley Building  
19 Staniford Street  
Boston, MA 02114  
Telephone: **617-626-5409**

## **Trade Adjustment Assistance Program**

The Trade Adjustment Assistance (TAA) Program helps workers who lost their jobs because of foreign trade. Eligible workers can get a wide range of benefits, including job training funds, cash payments, job search and relocation allowances, and health insurance tax credits. Workers approved for vocational and/or remedial training must choose a program from the statewide Trade Program Training List. Eligible workers can get a wide range of benefits from the TAA program, including job training funds, cash payments, job search and relocation allowances, and health insurance tax credits.

To qualify for the TAA program, the affected workers must file a petition with the U.S. Department of Labor to request certification as a group. After the group certification is granted, individual workers can apply for TAA benefits at local One-Stop Career Centers.

Workers may be eligible for TAA assistance if:

- The workers were employed by a company that makes a product or supplies a service, or a public sector agency that supplies a service
- For a company with a workforce of 50 or more, at least 5% of the workers were laid off or threatened with layoffs in the past 12 months (3 worker minimum for a workforce less than 50)
- The company layoffs resulted from increased imports of products or services, or a shift in production or services to a foreign country
- If you are eligible for training funds, you must enroll in your training program within 26 weeks of being laid off, or within 26 weeks of being certified, whichever comes later. If you are threatened with a layoff, you can begin your training program before you actually lose your job.

The Trade Adjustment Assistance (TAA) Program offers the following benefits for workers:

- Trade Readjustment Allowance (TRA):
  - up to 130 weeks of cash payments for workers in full-time training programs
  - up to 156 weeks of cash payments if workers are also in remedial training
- Job search allowance: up to \$1500
- Health Coverage Tax Credit (HCTC): 80% of qualifying monthly health insurance premiums  
(See HCTC on the IRS web site ([www.irs.gov](http://www.irs.gov)) for information about this tax credit)
- Relocation allowance: relocation costs, plus a lump sum allowance up to \$1500

- Reemployment Trade Adjustment Assistance (RTAA): up to \$12,000 over a two-year period for workers age 50 or older who are reemployed in jobs paying less than \$55,000 per year
- Case management and reemployment services (job referrals, resume writing assistance, etc.) at One-Stop Career Centers
- Training program grants

The TAA program pays for tuition, books, tools, school fees, and uniforms. Applying for TAA benefits is a two-step process:

1. Group certification:

A group of workers who have been laid off (or their representative) must file a petition with the U.S. Department of Labor (DOL) to be certified as workers affected by foreign trade.

If the certification is granted, all workers in the group are eligible to apply for TAA benefits. Certifications usually cover all workers laid off within a 3-year period starting one year before the petition was filed, and ending two years after certification.

If the certification is denied, workers can appeal the decision.

2. Individual benefits:

After the group is certified, individual workers can apply for TAA benefits at their local One-Stop Career Centers. See 'One Stop Career Centers' sheet, or call **1-877-US2-JOBS toll-free, 1-877-889-5627**

## **Senior Community Service Employment Program**

The Senior Community Service Employment Program (SCSEP) is a federal job training program for low-income workers age 55 or older who face barriers to employment. SCSEP places senior workers in part-time paid community service assignments for on-the-job training. The program is sometimes called the Senior Aide Program.

The Senior Community Service Employment Program (SCSEP) is a federal job training program for low-income workers age 55 or older who face barriers to employment. SCSEP places senior workers in part-time paid community service assignments for on-the-job training. SCSEP is sometimes called the Senior Aide Program.

The goal of the Senior Community Service Employment Program is to give unemployed senior workers the job search skills, work experience, and training they need to find unsubsidized jobs in the private sector. The program also promotes senior workers as a valuable resource for employers.

The Senior Community Service Employment Program is funded by the U.S. Department of Labor and administered by the Massachusetts Executive Office of Elder Affairs.

The Senior Community Service Employment Program (SCSEP) is for senior workers who:

- are age 55 or older
- are legally able to work in the U.S.
- have total family incomes no greater than 125% of the Federal Poverty Guidelines (FPG)

To apply for the Senior Community Service Employment Program in Massachusetts, contact one of the following agencies:

- SCSEP Sponsors
  - Operation A.B.L.E. of Greater Boston  
131 Tremont Street, Suite 301  
Boston, Massachusetts 02111  
Phone: Local: **617-542-4180**; Toll-free: **888-470-2253**
  - Senior Service America Inc. (SSAI)  
Web site: [www.seniorserviceamerica.com](http://www.seniorserviceamerica.com)
  - Contact information: Local SCSEP sponsors listed by state on website
  - National Asian Pacific Center on Aging  
Senior Community Service Employment Program
  - Website: [www.doleta.gov/seniors](http://www.doleta.gov/seniors).
- Executive Office of Elder Affairs  
Phone: **617-727-7750**

- Aging Services Access Points (ASAPs)  
Age Info line: 1-800-AGE-INFO (**1-800-243-4636**)
- One-Stop Career Centers  
Phone: **617-626-5300**

## **Info Needed for Earned Income Tax Credit**

- Proof of identity (license, passport, ID from the registry, etc.).
- Social Security Cards** or **Individual Tax Identification Number** (ITIN) letter for **ALL** individuals listed on the return (includes yourself, spouse and dependents).
- If filing jointly **BOTH** taxpayer and spouse must be present.
- In addition to the "dependent care provider identification" the taxpayer should also have a statement showing the amount they paid for this care.
- Copies of all W-2, 1098 or 1099 forms.
- Copies of last year's returns (if you filed). If you do not have last year's return, the preparer will need to know the amount of your state refund.
- Amounts of any other income you received during 2009 including bank interest.
- Child care provider's identification number if you're taking the childcare deduction and a statement showing the actual amount you paid for care.
- The amount of rent you paid in 2009.
- Amounts/dates of estimated or other tax payments made, etc.
- Bank documents showing routing and account numbers if you will be requesting direct deposit/debit.
- Health care provider's identification number and statement you were sent by them (for Mass State Tax filing). If you have Mass or Neighborhood Health, you'll need to bring the actual card with you.
- Child custody agreements, divorce decrees, etc.
- Proof of any other deductions you will be filing for.
- Any taxable or deductible retirement plan funds.
- Homeowners – proof of your mortgage interest & property tax payments.
- Proof of any additional income, deductions, etc. needed to complete your tax return.
- If you will be claiming childcare or dependent care costs, you should have received a statement from the provider. The preparer will need this.

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**If you have any questions, please call Gail Fortes of Community Teamwork, Inc. at 978-654-5080 ext. 24.**

## LOCAL HOUSES OF WORSHIP

**Acton-Concord Friend Meeting** (Quaker)  
Minuteman ARC, 130 Baker Ave Ext.,  
Concord,  
978-263-8660

**Concord Baha'i Faith**  
**978 369-1275**

**Congregational Church**  
**978-369-7830**  
147 School St  
Carlisle, MA

**Congregation Kerem Shalom**  
**978 369-1223**  
659 Elm Street  
Concord, MA

**Duvall Chapel at the New England  
Deaconess Association**  
80 Deaconess Rd., (978)369-5151

**First Church Of Christ,  
Scientist**  
**978 369-2933**  
Monument Square

**First Parish**  
**978 369-9602**  
20 Lexington Road  
Concord, MA

**First Religious Society**  
**978-369-5180**  
27 School St.  
Carlisle, MA

**Holy Family Parish**  
**978 369-7442 or 2810**  
55 Church Street  
Monument Square  
Concord, MA

**Liberty Christian Family Church**  
Concord Scout House  
74 Walden Street  
978-369-1919

**The Lutheran Church  
of the Savior**  
**781-275-6013**  
426 Davis Road  
Bedford, MA

**The New Church of Concord,**  
53 Church Street  
978-369-0543

**New Life Community Church  
Emerson Umbrella Center for the Arts**  
40 Stow Street, Concord, MA  
PO Box 5

**Redeemer Presbyterian  
Church**  
**978 369-4512**  
191 Sudbury Road (office)  
Meets at Harvey Wheeler Community Center

**St. Irene Parish**  
181 East Street  
Carlisle, MA 01741  
978-369-3940

**Trinitarian  
Congregational Church**  
**978 369-4837**  
54 Walden Street  
Concord, MA

**Trinity Episcopal Church**  
**978 369-3715**  
81 Elm Street  
Concord, MA

**West Concord Union Church**  
**978 369-6309**  
1317 Main Street  
West Concord, MA

**Zaltho Foundation**  
Zen Sitting Meditation  
978-369-4342

