

## **Programs That Help People: A Resource Guide for Belmont Families**

*Compiled by the Youth & Family Services Program*

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### **1) *Food Programs***

Local Food Pantry's available to Belmont residents:

Belmont Food Pantry, 450 Concord Avenue Rear, behind Belmont High School, open the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month from 8:30-9:30 AM and the 4<sup>th</sup> Tuesday of every month from 5:30-6:30 PM. Proof of residency required at first visit, arrive at 8:00 AM.

Waltham, Salvation Army, 33 Myrtle Street (781) 894-0413, Monday-Thursday 10-2, Fridays 6-7 PM

Cambridge, St. James Episcopal Church, 1991 Mass Ave, (617) 876-4381, Tuesdays 6-8 PM, Thursdays 11-1, Saturday 10-12

Watertown Food Pantry, 8 Mt. Auburn Street, 617 972-6429, Tuesdays 10-11:30, Thursdays 4-6, Belmont residents allowed 1x year

Cambridgeport, Baptist Church, 459 Putnam Ave, (617) 252-0005, 10-12 1<sup>st</sup> Saturday of the month

Serve New England, 1 888 742-7363, Lisa Moorehead, Waltham Serve Chapter, (508) 879-9881, Chapter ID#- 3050

Private non-profit corporation purchases food from wholesale suppliers lowering cost to consumers. Top quality food at 40% discount, may order vegetables, meats, monthly specials, family meals, meat package. Requires 2 hours per month of verifiable volunteer work; driving neighbor children to school, volunteering at school, coaching sports, yard work, helping at the senior center, etc. Call to apply.

### ***Local Farms-***

Belmont Farmer's Market, Belmont Center, June 15<sup>th</sup> through October, Thursdays 2-6:30 PM. Local vendors, fresh produce, baked goods, cereals, honey, jam, eggs, cheese, sauces, flowers, plants.

Waltham Farmer's Market, Corner Main and Moody Street in Sovereign Bank parking lot, Saturday 9:30-2:30, late June-October 28<sup>th</sup>. Free concerts throughout the summer. Fruits, vegetables, plants, herbs, honey, specialty foods, baked goods, eggs, maple syrup.

Farmer's Market Nutrition Program-provides WIC participants and elderly with coupons redeemable for fresh produce at participating farmer's markets. Call Department of Food and Agriculture for more information. (617) 626-1754.

WIC (Women, Infants and Children) Nutrition Program provides food, nutrition, education, immunization screening, coupons for fresh produce redeemable at farmer's markets to low-moderate income families with children under 5, pregnant and breast feeding women, infants and children. Call: 1 800 942-1007 for more information, 1 800 WIC-1007

School Breakfast & Lunch Program, provides healthy breakfasts and lunches to children at local schools. Income eligible families may receive free or reduced priced meals. Call: Department of Education for more information (781) 338-6498

Summer Food Service Program, free, nutritious meals and snacks for low income students. Department of Education (781) 338-6494

Food Stamp Program, helps low income people purchase food. Assistance based on national estimates of how much it costs to buy food to prepare nutritious meals for your family. You may be eligible if you have low wages, work part time, are homeless, unemployed, receive welfare, public assistance, are elderly, disabled or live on a limited income. 1 800 650-2560

Food Stamp Hotline/Project Bread, 617 723-5000, 1 866 950-3663

## 2) *Energy*

Fuel Assistance, Community Team Works (LIHEAP), Arlington, (781) 643-2358. Low income Home Energy Assistance Program provides eligible families help in paying a portion of winter heating bills. Homeowners and renter (including renters whose heat is included in the cost of rent) can apply. Eligibility is based on household size and family income 18 years and older. Covers primary source of heat including: oil, electric, gas, propane, kerosene, wood and coal.

Mass Department of Housing and Community Development Weatherization Assistance Program, helps low income households reduce heating bills by providing home energy efficiency services. Coordinated by: Menotomy Weatherization 20 Academy Street, Arlington, (781) 316-3436. Weatherization work may include: air sealing, attic and/or sidewall insulation, weather stripping, minor repairs associated with weatherization work. Services provided to qualifying homes free of charge to help reduce energy costs.

Keyspan, (781) 643-2358, you may qualify for a discount if you are a low income residential customer and participate in a public assistance program such as: SSI, AFDC, Medicaid, EAD, EA, food stamps, fuel assistance, MA Veteran's service benefits. Call for more information.

Citizen's Energy Oil Heat Program: Joe Kennedy Fund, 1 877 563-4645, to request an application. Delivers low cost home heating oil to MA families at a 40% discount starting Dec. 2006. Families may make a one time purchase of up to 200 gallons of discounted home heating oil.

Good Neighbor Energy Fund, 1800 334-3047, The Salvation Army provides emergency funds for qualifying families with limited resources. Maximum \$275 per family per year. Payment towards energy bills for households with incomes between 200-275% federal poverty level. Open for application Dec. 1 for clients with an emergency heating situation, January 1 for all other cases.

Belmont Light Department, (617) 993-2808. BMLD Rate Change Program. BMLD can offer a lower rate on your electric bill if you qualify for any of the following programs: LIHEAP, food stamps, TANF, WIC, SSI, school lunch program. Income is not to exceed 200% of the Federal Poverty level based on household gross income and family size.

BOCA, Boston Oil Consumers Alliance, 670 Centre Street, Boston, MA 02130-2511, (617) 524-3950, 1 (800) 287-3950. Offers lower rates for oil, payment plans, information on alternative energy/

Heat line, 800 632-8175

### ***3) Housing***

Belmont Housing Authority, (617) 484-2160, M-F, 8-4, Donna Hamilton-Director, 59 Pearson Road. Belmont Housing Authority manages programs which provide housing assistance for low income families, Veteran's and the elderly including public housing, senior and disabled housing and section 8 benefits.

Department of Housing and Community Development (617) 573-1150  
Manages rental housing programs. Call for further information.

Mass Housing (617) 854-1185  
Maintains a list of rental housing developments that have units reserved for low or moderate income residents. Call for a list.

Elderly Housing  
MA Department of Elder Affairs, (617) 727-7750

Special Needs Housing  
MA Department of Mental Health, (617) 626-8000  
MA Department of Mental Retardation, (617) 727-5608

Homeless Housing  
Department of Transitional Assistance, 1800 445-6604

MA Coalition for the Homeless, 782 595-7570

MA Tenant's Organization, 617 367-6638

Survivor's of Domestic Violence  
Department of Housing and Community Development, DTA Hotline: 24 hour hotline providing crisis counseling and information on shelters and transitional living programs, 1 877 785-2020  
DSS- Domestic Violence Unit, (617) 748-2333

### ***Eviction/Homelessness***

The Massachusetts Department of Transitional Assistance (DTA), 1 800 590-4820, 80 Everett Ave, Chelsea, MA is the first step in applying for a family shelter. Belmont residents can go to their local DTA office in Revere. Caseworkers can determine if a family meets eligibility requirements for federally funded emergency assistance (EA). Some shelters maintain non-EA beds, financed by various federal, state, local, private agencies and programs. The DTA also provides prevention resources. Belmont residents may go to any shelter throughout the state of Massachusetts.

Harvard Legal Aide Bureau, (617) 495-4408, is a poverty law clinic that helps residents with eviction notices and housing issues by providing resources, legal assistance, court help. Call for an interview, assessment, income details necessary.

### ***Local Shelters***

Mary's House

62 Church Street

Waltham, MA 02154

(781) 647-9957

Capacity: 7 families

Services: Advocacy, counseling, food, clothing, French, handicap accessible, medical care by referral, day programs, open 24 hours, limited transportation.

MA Coalition for the Homeless, 781 595-7570

Bristol Lodge Women and Men's Shelters

205 Bacon Street

Waltham, MA 02453

(781) 894-1225

Sandra's Lodge

200 Trapelo Road

Waltham, MA 02452

(781) 899-7311

Capacity: 35 in one house, 20/20 in 2 houses, families, mothers and children

Services: Advocacy, clothing, cafeteria, child care, Head Start, Early Intervention, groups, etc.

### ***Services for Homeless Families-***

Watch, Inc.

517 Moody Street

Waltham, MA 02453-5332

(781) 891-6689

Community Development Corporation, develops affordable housing. B Street Waverly Oaks, Belmont housing- 3 affordable units, 1 market rate, 1 fully accessible, 2 for Belmont residents. Housing advocate for tenants and landlords.

Metropolitan Housing Partnership

125 Lincoln Street

Boston, MA

(617) 859-0400

Administers RAFT (Residential Assistance to Families in Transition) Program- provides up to \$3000 flexible funds to families with incomes at or below 130% of the federal poverty level who are homeless or at risk of homelessness to help maintain their housing or secure new housing. The program is administered through regional non-profit housing agencies.

Middlesex Human Service Agency, Inc.  
Housing Services  
24 Crescent Streets, Suite 401  
Waltham, MA 02154  
(781) 891-9510

MA Coalition for the Homeless, 781 595-7570

Department of Transitional Assistance, DTA, Emergency Assistance, 800950-3663

MA Tenants Organization, 617 367-6638

#### 4) *Career Services*

Career Source, (617) 661-7867, 186 Alewife brook Parkway, Cambridge, Suite 310, M, T, F- 8:30-5, W, Th 8:30 AM-8:30 PM, Massachusetts Division of Unemployment & Training. Seminar and workshop series on various topics such as resume writing, job finding, and unemployment benefits. Computers and career counselors available, job recruiting. Workforce Development on-line site for employment services. Career services center, exploring career options, unemployment insurance, finding a job, special programs, education and training.

MA Division of Employment and Training, 617 626-5400

Boston Region Job Corps, 800 733-JOBS

MA Rehabilitation Commission, 800 245-6543

Strive Boston Employment Service, 617 825-1800

#### 5) *Telephone*

Lifeline, Link-Up Programs on Verizon, 1 800 870-9999

Link-Up provides a reduction for the installation charges on local telephone service up to 50% or \$30.

Lifeline reduces your monthly telephone bill.

If you qualify for TAFDC, EAEDC, SSI, Medicaid, Food Stamps, Fuel Assistance you may qualify for these programs designed to make telephone service more affordable for MA residents on limited incomes.

#### 6) *Crisis Services*

Edinberg Center, 1040 Waltham Street, Lexington, MA (781) 862-3600

Emergency services program provides 24 hours a day, 7 days a week. Psychiatric crisis services for people of all ages. Anyone in Belmont experiencing a behavioral health crisis may access services provided at the clinic, in your home or in the community. Assessments, referrals, crisis intervention services, screening for stabilization beds, partial hospitalization programs, family stabilization provided. Pre-crisis stabilization counseling provided on a time limited basis.

The 2<sup>nd</sup> Step Domestic Violence Resources, Newtonville, 617 965-3999

Transitional housing up to 2 years, emergency financial resources, children's services, mentoring, help with moves, holiday gift drive, advocacy, education, job/career services, legal advocacy, life/parenting skills, women's group, permanent housing assistance

Project Reach for Domestic Violence, Waltham, 800 899-4000

Advocacy, supportive services, prevention and education. Programs for adults, teens and children.

Boston Area Rape Crisis Center, 321 Columbus Ave, Boston, MA 02116, Rape Helpline-1 (800) 841-8371

Free services to survivors of rape and sexual assault, their friends and family, open to all. Helpline, crisis counseling, support groups, medical support, legal advocacy, education, adolescent and family services.

Good Samaritan's Helpline, Depression and Suicide Prevention, 1 (877) 870-HOPE, 1 (800) TEEN

Youth Crisis Hotline, Information and Referral, 24 hr, 1 (800) 621-4000

Substance Abuse Helpline, Information and Referral, 24 hr, 1 (800) 327-5050

Parents Helping Parents, 24 hr. support hotline and groups for parents, 800 882-1250

Parental Stress Line, 24 hr. support and hotline for parents. 800 632-8188

Parent Resource Network Line, Information, referral and support for parents in search of help with their child and/or adolescent mental health issues. 866 815-8122

Dept. of Social Services, 30 Mystic Ave. Arlington, MA 781 769-4615

Abuse Hotline, 800 792-5200

Is Someone Abusing You?-Do You Need Help? Safe link Hotline, 877 785-2020

Bridge Over Troubled Waters, 47 Tremont Street, Boston, 24 hr. emergency hot line for drugs, suicide, counseling and shelter. 617 558-1881, 8-4 M-F

Cambridge Health Alliance, Cambridge, Somerville and Whidden Hospitals, 24 hr. Psychological Emergency Services, Child/Adolescent/Adult Psychiatric Services, Child Development Center, Adult/Child Outpatient Therapy, 617 665-1560

## 7) *Child Care*

Child Care Resource and Referral Center, Inc. (617) 547-1063  
130 Bishop Allen Drive 4th Fl  
Cambridge, MA 02139

Professional Development and Trainings, CPR and First Aid for Infants and Children. Provides referrals for child care, child care voucher information, summer camp information. Call parent information line: (617) 547-1063 x72.

Office for Child Care Services, 617 988-6600

Department of Revenue Child Support Enforcement, 800 332-2733

MA Society for the Prevention of Cruelty to Children, 617 983-5800

Missing Child Hotline, 800 587-4357

Children's Trust Fund, 888 775-4KIDS

## *Parenting Programs-*

Families First Parenting Programs  
99 Bishop Allen Drive  
Cambridge, MA 02139  
(617) 868-7687 ext. 18  
Education and support to parents and professionals.

Parenting Resource Associates, Inc.  
REACH Program  
238 Bedford Street, Suite One  
Lexington, MA 02420  
(781) 862-8371  
Workshops for parents and professionals on communication and special needs children offered in Cambridge, Brookline, Lexington, Lowell, Natick and Tewksbury.



Parents Helping Parents

1-800-882-1250

Email: [dfolopoulous@parentshelpingparents.org](mailto:dfolopoulous@parentshelpingparents.org)

Parent Support Groups

Free, ongoing weekday early evening

Are you feeling frustrated, overwhelmed, anxious, isolated in your role as a parent or guardian? Parents Helping Parents offers free, confidential and anonymous weekly support groups for parents throughout Massachusetts. Share experiences and get support and encouragement from other people.

Location: groups meet in 50 communities throughout Massachusetts. Call toll free: 1-800-882-1250 for information about groups in your area. Additional: Most groups provide free onsite childcare. Anyone in a parenting role is welcome to attend.

Attend the group for a few weeks, months or years.

Belmont Special Education Advisory Council

Special Education Advisory Council workshops offered each month for parents of special needs students. Chenery Middle School Faculty Dining Room, 7:30-9 PM, for further information and current listings contact BSEAC Co-Chairs: Laurie Graham, 617 489-6483 or Helen Golding 617 489-3024, Topics for 2006 include: Impulsivity, Annual Funfest, An IEP for My Child, Transition Planning, Basic Rights.

TAWK

Talking As A Way of Knowing

Parent led information and monthly support groups for Non-Verbal Learning Disorders

Contact- Barb Wilder Smith

Federation for Children With Special Needs, 617 236-7210

Learning Disabilities Association of MA, 413 243-2576 x12

Asperger's Association of New England (AANE)

1301 Center Street

Newton, MA 02459

(617) 527-2894

Families, friends, professionals, individuals with Asperger's offers support groups, social groups, seminars, conferences, workshops, referrals, bulletin board.

Belmont Neighbors Network

Community network meetings in Belmont

Adine M.B. Storer

18 Stanley Road

Belmont, MA 02478

(617) 993-9915

(617) 216-9029

Belmont Public Schools  
Parent Education Series

Offers on-going parent support groups, fall, winter and spring.

Workshops on topics for 2006 include: Bullying and Cyber bullying, Adolescent Psychology, What Parents Should Know if Your Kids are Gambling, How Does Your Child Learn Best? Dates and times vary; locations include Chenery Middle School, Wellington School or Belmont High School.

Contact: Erica Dinerman, Parent Educator, for an up to date listing and locations.

The Academy of Physical and Social Development  
425R Watertown Street  
Newton, MA 02458-1113  
(617) 969-2200

Parent Education Resource Center is a multi-service program where the needs of children, parents and families can be addressed through workshops, parent discussion groups, behavior management consultations, individual and family counseling, educational and psychological testing, training and consultation to schools, parent organizations and professional groups.

Activity group program for children and adolescents with learning, developmental, emotional and psychological needs. Cooperative group activities, creative recreational games, group problem solving, team sports, challenge course, office discussion activities.

Wayside Youth & Family Support Network, Inc.  
118 Central Street

Waltham, MA (781) 643-2580 Ext. 18

Call: Melissa Elliott for information

Offers residential and educational services, family based outreach services, counseling and substance abuse services.

Boy's and Girl's Group to assist group members in strengthening and/or developing social skills and improving peer relationships. Helps members to properly recognize and interpret social cues. Activity oriented, play, field trips. Free, transportation provided to Belmont students. Young and Sober teen substance abuse group offered.

Autism Resource Center of Central MA  
360 West Boylston Street Suite 204  
West Boylston, MA 01583  
(508) 595-9101

Autism Society of America- MA Chapter  
789 Clapboard Tree Street  
Westwood, MA 02090  
(781) 329-4244

Autism Support Center  
Southside Road

Danvers, MA 01923  
(978) 777-9135  
Contact: Gail M. Castor

Association of Retarded Citizens MA  
217 South Street  
Waltham, MA 02453  
(781) 891-6270

Parents Helping Parents, 800 882-8188

CHADD Boston  
(617) 298-2917

Beacon Services  
(508) 478-0207  
Behavioral education, assessment and consultation. Specializing in the treatment of Autism and PDD. Services provided in the home, school or community.

Learning Disabilities Association of MA  
1275 Main Street Waltham, MA 02451  
(617) 891-5009  
Call for more information- (T-TH, 9-2 PM)

Parenting the Challenging Child  
(617) 739-5939  
Support groups for parents of children with ADD, behavioral issues, learning disabilities.  
One Tuesday a month, 7-8:30 PM.

Special Needs Moms  
(617) 332-1632  
Drop-in support for moms.

Play Space  
Sonya Kurzweil, PhD  
Newton, MA (617) 332-0302  
Infant and child play group with parent support groups.

Department of Public Health  
Early intervention services for infants and toddlers (birth to 2 years) with disabilities.  
(617) 624-5070  
3-5 years (617) 388-3300

Disability Resource Exchange  
Monthly meetings for parents of special needs children.  
Third Monday of each month in Reading.  
Kerry Mahoney (781) 942-4888 ext.15.

## 8) *Healthcare*

### Mass Health

Children: Mass Health Family Assistance, Mass Health Standard Plan

Call: 1 800 841-2900

Mass Health Enrollment Center  
Central Processing Unit  
PO Box 129124  
Boston, MA 02112-9124

Ask for, "Medical Benefits Request" and an application will be sent to you requiring proof of income and other supporting documents. Children's Medical Security Plan, 888 665-9993

### Office of Transitional Assistance

80 Everett Ave

Chelsea, MA 02151

(781) 286-7801, M-F, 7-5

1 (800) 590-4820

Provides help with career and employment services, SSI, Emergency Assistance, Food Stamps, Aid to Families with Dependent Children, Emergency Aid to Elderly, Disabled & Children. Apply in person, age, asset limits checked.

Health Care for All, Information and Advocacy for health care, assistance in securing health insurance, 617 350-7279, 800 272-4232

Planned Parenthood, 800 258-4448

AIDS Action Hotline, 800 255-2331

Hepatitis C Hotline, 888 443-4372

Visiting Nurse Association of America, 617 523-4042

Healthy Families, 1430 Main Street, Waltham 781 647-5327, Program for first time parents under 20 years, free services and confidential. Free home visiting program-pregnancy up to 3<sup>rd</sup> birthday.

Poison Control Center, 800 222-1222

### 9) *Substance Abuse Resources for Teens*

This resource list is designed to provide information and referral services for students, parents and staff.

Cambridge Eating Disorders Center, 127 Mt. Auburn Street, Cambridge, 617 547-2255

Mass. Eating Disorders Association, MEDA, 92 Pearl Street Newton

Harvard Eating Disorders Center, 617 236-7766

Samaritans (Teen Line, staffed by trained teens), 617 247-0220. Feeling sad, lonely, despairing, need someone to talk to without giving advice or judgment.

National Suicide Hotline, 800-Suicide

Rape Crisis Hotline, 800 841-8371, 617 492-7273

Dating Violence-Youth Hotline, 617 773-4878

National Alcohol and Substance Abuse Information Center, 800 784-6776

Alcoholism Hotline, 800 252-6465

Drug and Alcohol Referral line, 1 800 252-6465

MA Substance Abuse Hotline, 800 327-5050

National Runaway Hotline, 1 800 621-4000

Boston Area Gay & Lesbian Youth (BAGLY), 617 227-4313

Alanon/Alateen, (508) 366-0556, M-F, 9-4

12 Step program for friends, family members, teens, whose lives have been affected by alcohol. Call for a complete listing of meetings, locations and times.

AA- Alcoholics Anonymous. (617)426-9444

Cocaine Anonymous Helpline- 781 551-6677

McLean's Hospital, 115 Mill Street, Belmont, MA (617) 855-2781

Offers therapeutic groups, individual and family therapy for teen's using substances.

Teen Group- 15-19, Using alcohol and/or drugs. Contact: Boaz Levy (617) 855-2283

Parent Substance Abuse Support Group- Parent/Caretakers with an adolescent who is using substances. Contact: Jessica Goldstein (617) 855-2206

Bouewood Caufield Center, Bournewood Hospital, 23 Warren Street, Woburn, MA  
781 932-0649

Cambridge Health Alliance (Cambridge, Somerville and Whidden Hospitals). Drug and Alcohol Services, Alcohol and Drug Detox Programs, 617 665- 1560

Cambridge Hospital Psychiatric Unit, Outpatient-617 665-1151, Inpatient- 617 665-1410

Edinburgh Center  
1040 Waltham Street, Lexington, MA  
781 860-0570, 800 540-5806

24/7 Psychiatric Crisis Services, Children, Adolescents, Adults. Specialized services for substance abuse counseling, child and adolescent treatment and groups.

Smart Recovery Self Management and Recovery Training, (781) 891-7574  
Abstinence based self help groups. Programs meet at McLean's, Mt. Auburn Hospital, Mass General Hospital. On-line offerings also available.

Right Turn, Inc. 299 Bway, Arlington, MA 781 646-3800, Providing treatment to artists, musicians, entertainers, creative people, teens and adult groups, individual therapy.

Jewish Alcoholics, Chemically Dependent Persons and Significant Others (JACS), (212)397-4197 for local meetings. JACS Teen Network- Education Prevention Programs for those affected by alcoholism and drug abuse, either through personal use or abuse by family or friends. Events, weekend retreats, workshops, food, friends, personal sharing, fun.

Mass Drug and Alcohol Hotline, Substance Abuse Helpline 1 800 327-5050, 24/7 hour hotline

Telephone crisis intervention, referrals for clinics, detox/rehab programs, etc.

Teen Hotline, (617) 534-5700  
A supportive place to call for any issue teen related.

Sameen Associate, Inc. 34 Lincoln Street Newton Highlands (617) 964-1060  
Drug and alcohol addiction/dependence/family solutions. Adolescent programs, services. Teen-Age Intervention Groups, 13-19, Individuals can explore whether their drug and/or alcohol use is a problem or a dependency. Introduction to Recovery, Teen groups. Explore nature and consequences of substance use. Provides alcohol and drug testing and interventions.

Mt. Auburn Hospital, 330 Mt. Auburn Street, Cambridge, MA, (617) 492-3500

Emerson Hospital Addictions Unit, Rte. 2 Concord, MA (978) 287-3520

Wayside Youth and Family Services, Arlington, MA, (781) 643-2580 x18, x26  
Substance abuse services for teens and families including assessment, evaluation, on-call emergency services, individual, group and family therapy.

To locate a licensed, certified drug and alcohol counselor, certified addictions specialist call Office of Adolescent Health and Youth Development, Boston, MA (617) 624-6060