

ARLINGTON TOWN RESOURCES HANDBOOK
2018

Assembled from the Arlington Town Website

(<https://www.arlingtonma.gov/departments/health-human-services/assistance-programs>)

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Compiled by: Seth Jenkins, Summer 2018 intern for Housing Corporation of Arlington

ISSUE- I don't have enough food to feed my family:

Arlington Food Pantry – Arlington:

<https://arlingtonfoodpantry.org/>

117 Broadway

Arlington, MA 02474

Every Wednesday

9:00 a.m.– 10:30 a.m.

AND

5:30 p.m. – 7:00 p.m.

Phone: 781-316-3177

Helping Hand Food Pantry – Cambridge:

<http://www.stjames-cambridge.org/helping-hand-food-pantry/>

Phone: 617-547-4070

The Helping Hand Food Pantry is open the second Saturday of each month, located at the rear of 364 Rindge Ave, Cambridge. The pantry serves from 11 a.m. - 1 p.m. Guests will be permitted to wait inside beginning at approximately 10:45 a.m.

During St. James's redevelopment, the Food Pantry is located at the Fresh Pond Apartments, 364 Rindge Avenue (the middle of the three tall towers) in Cambridge, 02140.

East End House Emergency Food Pantry- East Cambridge

<http://eastendhouse.org/programs-and-services/emergency-food-program>

105 Spring St.

Cambridge, MA 02141

Phone: 617-876-4444

Women's Lunch Place

<https://womenslunchplace.org/visit-us/meals-program/>

Day shelter that provides breakfast and lunch, Monday through Saturday, to anyone in the Boston area who identifies as female and is food insecure.

Breakfast at 8-10 a.m.

Lunch at 12-2 p.m.

Phone: 617-267-0200

St. Francis House

<https://stfrancishouse.org/programs/basic-services/>
39 Boylston St.
Boston, MA 02116
Phone: 617-542-4211

Somerville Homeless Coalition – Somerville:

<https://www.somervillehomelesscoalition.org/programs/food-services/>
Phone: 617-263-6111

Main Food Pantry – Project SOUP (New Location)

165 Broadway (corner of Cross Street; same building as Senior Center)
Somerville, MA 02145. The pantry is located on the Cross Street side of the building, through the black door.

Community Suppers

Mondays – beginning at 4:30 p.m. at:

First Congregational Church of Somerville
89 College Avenue
Somerville, MA

Emergency Food Pantry

Somerville Homeless Coalition Offices
1 Davis Square
Somerville, MA 02145

Hours of Operation: Monday through Friday 9 a.m. – 5 p.m.

Catholic Charities Greater Boston – Somerville:

<http://www.ccab.org/FriendsFeedingFamilies>
270 Washington St.
Somerville, MA 02143
Phone: 617-625-1920

Salvation Army Emergency Assistance:

<https://massachusetts.salvationarmy.org/ma/camneedhelp#EA>
402 Massachusetts Ave.
Cambridge, MA 02139
Cambridge Phone: 617-547-3400

Family Table at Jewish Family & Children's Services – Waltham:

<https://www.jfcsboston.org/Our-Services/Community-Services/Center-for-Basic-Needs-Assistance/Family-Table>
1430 Main St.
Waltham, MA 02451
Phone: 781-647-5327 (JFCS)

The Women, Infants and Children (WIC) Program offers support for families (with children under 5 years old), pregnant women, infants, and new moms.

<https://www.challiance.org/community/women-infants-children-program>
Arlington WIC program
7 Central Street (Suite #160)
Arlington, MA 02476
Phone: 781-646-2032

Free and Reduced Lunch at the Arlington Public Schools*:

http://www.arlington.k12.ma.us/eforms/parent_forms/Free_and_Reduced_Priced_Lunch_Application.pdf
*Will be accepting applications again in late August.
Phone: 781-316-3643

Neighbors Eating All Together (NEAT) program:

<http://www.neatarlington.org/>
Ongoing, 1 Saturday per month, 5 p.m.-6 p.m.
St. John's Episcopal Church
74 Pleasant St.
Arlington, MA 02476
Phone: 781-648-4819

Lex Eat Together

<https://www.facebook.com/LexEatTogether/>
Every Wednesday, 5:15 p.m.-6:30 p.m.
The Church of Our Redeemer

6 Meriam St.
Lexington, MA 02420
Phone: 781-862-6408

For food assistance, apply for the SNAP program:

***Supplemental Nutrition Assistance Program (SNAP)** (How to apply): DTACConnect.org to apply online
Phone: 1-877-382-2363 or the
SNAP Hotline: 1-866-950-FOOD

***The Arlington Office of Health and Human Services** is happy to help you complete the SNAP application. For more information, go to: <https://www.arlingtonma.gov/departments/health-human-services/snap>

Health & Human Services - Administration, Christine Bongiorno,
Director
27 Maple St. Senior Center
Arlington, MA 02476
Phone: 781-316-3400
Hours: Mon - Wed 8 a.m.-4 p.m., Thurs 8 a.m.-7 p.m., Fri 8 a.m.-12 noon

*You can also apply through the **Arlington Council on Aging** (Arlingtonma.gov/coa), part of the Department of Transitional Assistance. They are a SNAP outreach provider for all ages:

Arlington Council on Aging
27 Maple St. Senior Center
Arlington, MA 02476
Phone: 781-316-3400
Hours: Mon-Wed 8 a.m.-4 p.m., Thurs. 8 a.m.-7 p.m., Fri. 8 a.m.-12 noon

ISSUE- I Don't Have Any Source of Income:

Apply for **Economic Assistance (Cash Benefits)**

(<https://www.mass.gov/economic-assistance-cash-benefits>) through:

The Department of Transitional Assistance

(<https://www.mass.gov/orgs/departments-of-transitional-assistance>) - Chelsea Office

80 Everett Avenue, Chelsea, MA 02150

Phone: 617-551-1700

Apply for **Supplemental Security Income (SSI)** through Social Security -

Cambridge Office:

<https://www.ssa.gov/benefits/ssi/>

10 Fawcett St.

Cambridge, MA 02138

Phone: 1-800-772-1213

Need help?

The Council on Aging can also provide assistance.

Phone: 781-316-3400

Apply for **Social Security Disability Insurance (SSDI)** through Social Security -

Cambridge Office:

<https://www.ssa.gov/benefits/disability/>

10 Fawcett St.

Cambridge, MA 02138

Phone: 1-800-772-1213

Apply for **Retirement Benefits** through Social Security - **Cambridge Office:**

<https://www.ssa.gov/benefits/retirement/>

10 Fawcett St.

Cambridge, MA 02138

Phone: 1-800-772-1213

Apply for **Unemployment:**

<https://www.mass.gov/unemployment-insurance-ui-online>

TeleClaim Center Call Department of Unemployment Assistance, TeleClaim Center at 617-626-6800

Monday-Friday 8:30 a.m.-4:30 p.m.

Apply for **Child Support**

<https://www.mass.gov/orgs/child-support-enforcement-division>

Phone: 800-332-2733

617-660-1234 (for local callers in the Boston area)

ISSUE- I need help finding and paying for childcare

Department of Early Childhood Education and Care (EEC) Financial

Assistance: <https://www.mass.gov/early-education-and-care-financial-assistance-for-families>

51 Sleeper St. 4th Floor

Boston, MA 02210

Phone: 617-988-6600

You can sign up for the income-eligible waitlist at

<https://www.childcarecircuit.org/for-parents/paying-for-child-care/ie-registration>

Child Care Circuit Office Phone: 800-660-2868 or 978-686-4288

Referral Line: 978-722-2751

Or Dial 211

Department of Early Childhood Education and Care (EEC) online directory of certified child care programs in Massachusetts:

<http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx>

Phone: 617-988-6600

ISSUE- I need to find a place I can afford

Affordable Housing in Massachusetts generally comes in two varieties:

***Income-Based** - You provide proof of your income on an annual basis and the management company calculates your rent at a percentage of that income.

***Affordable** - The rent is set at what the management company considers a "below-market" value.

You must prove that your income is more or less than an amount set by the management company. If you qualify, you pay a below-market rate that could be

any percentage of your income. To find out about various forms of shelter including public housing, rental assistance, and emergency housing, consult this website for information:

<https://www.mass.gov/topics/affordable-housing>

General Housing Search Guides:

***Housing Search Guide For People with Disabilities in Massachusetts** at: <https://www.chapa.org/housing-courses/housing-search-guide-for-people-with-disabilities-in-massachusetts>

Citizens' Housing & Planning Association
18 Tremont Street, Suite 401
Boston, MA 02108
Phone: 617-742-0820

For a complete list of affordable housing options in Massachusetts, you can print out a PDF here:

https://www.masshousing.com/portal/server.pt/community/rental_housing/240/looking_for_an_affordable_apartment

from **MassHousing:**

<https://www.masshousing.com/portal/server.pt/community/home/217/home>

Phone: 617-854-1000

This list can be cumbersome and is meant to be a list of all the affordable housing in Massachusetts, not of available housing.

If you need someone to help you through the process of finding affordable housing, try these links:

Metro Boston Housing Search Program:

<https://www.metrohousingboston.org/what-we-do/for-providers/housing-search/>

1411 Tremont Street

Boston, MA 02120

Phone: 617-859-0400 ext. 700

Somerville Homeless Coalition:

<https://www.somervillehomelesscoalition.org/programs/case-management/>

1 Davis Square

Somerville, MA 02144

Phone: 617-623-6111

Income based housing options in Arlington (You pay a percentage of your income):

Arlington Housing Authority (Families, Elderly/Disabled):

<http://www.arlingtonhousing.org/index.php>

4 Winslow St. #1

Arlington, MA 02474

For Families: 781-296-7552

For Elderly: 781-646-3400 ext. 25

Housing Corporation of Arlington (Families, Elderly/Disabled):

<https://www.housingcorporarlington.org/>

252 Massachusetts Ave.

Arlington, MA 02474

Phone: 781-859-5294

Millbrook Square Apartments (Elderly/Disabled):

<http://www.millbrooksquare.com/>

17 Mill Street

Arlington, MA 02476

Phone: 781-641-1410

State and Federal income based voucher programs (You pay a percentage of your income):

Massachusetts Housing Choice Voucher Wait list (Section 8 - A voucher you can use to supplement your rent payment anywhere in the US):

<http://www.section8listmass.org/>

Phone: 1-877-868-0040 for the Centralized Waiting List information line

Massachusetts Rental Voucher Program (MVRP) (A voucher you can use to supplement your rent payment only for apartments in Massachusetts):

<https://www.metrohousingboston.org/what-we-do/voucher-programs/massachusetts-rental-voucher-program/>

Phone: 617-859-0400

Section 8 Project Based Voucher Program Pre-Application for Housing Assistance (A voucher to supplement your rent in a specific apartment. It cannot be used elsewhere. These are often in renovated buildings or new developments.)

<http://www.metrohousingboston.org/wp-content/uploads/2017/11/preapplicationPBVmbhp29-new-address.pdf>
Metro Housing Phone: 617-859-0400

Affordable Apartment Listings:

Affordable apartment listings from **MetroBoston**:
<https://www.metrohousingboston.org/apartment-listings/>

If you are a tenant and need assistance with a housing search or other housing-related resources, please contact Metro Boston's Housing Consumer Education Center's Resource Line at 617-425-6700 or at ResourceLine@metrohousingboston.org.

MassAccess: The Accessible Housing Registry. You can filter your search for affordable apartments that are handicap accessible.

<https://www.massaccesshousingregistry.org/>

If you have any questions about utilizing MassAccess please contact Beyazmin Jimenez at CHAPA (Citizens' Housing and Planning Association) at 617-742-0820 x105 or bjimenez@chapa.org.

MetroList: clearinghouse for income-restricted and affordable housing opportunities in Boston and neighboring communities.

<https://www.boston.gov/metrolist>

Phone: 617-635-4200

Caritas Communities, Inc. (Single Room Occupancy (SRO) housing):

<https://caritascommunities.org/our-properties/apply/>

25 Braintree Hill Office Park

Suite 206

Braintree, MA 02184

If you have any questions, please call the vacancy line at 781-843-1606.

Housingworks.net:

<https://www.housingworks.net/>

The following Management Companies offer units that are "affordable" if you qualify:

Arlington 360:

<https://www.massaccesshousingregistry.org/development/arlington-360-apartments>

4105 Symmes Circle

Arlington, MA 02474

Site Phone: 781-859-5807

Email Address: a360leasing@jagmgt.com

Avalon Bay (<https://www.avaloncommunities.com/about-us/affordable-housing>).

You can find links to applications for specific communities at:

<https://www.avaloncommunities.com/about-us/affordable-housing/community-list#5>)

51 Sleeper St. #750

Boston, MA 02210

Wingate Communities: Look for properties that say "Affordable Living" at:

<http://wingateapartmenthomes.com/properties/apartmenthomes/massachusetts/>

Wingate Companies Headquarters

100 Wells Avenue

Newton, MA 02459

Company Headquarters Phone: 781-707-9100

Peabody Properties: Look for properties where the rent column says "please call" or has a * next to it. This indicates that the units will be rented at a below-market rate for qualified renters:

<http://www.peabodyproperties.com/communities/component/jea/>

536 Granite Street

Braintree, MA 02184

Company Headquarters Phone: 781-794-1000

Taymil Communities:

<https://www.taymilcommunities.com/massachusetts/>

1101 Worcester Rd.

Framingham, MA 01701

Company Headquarters Phone: 508-665-4040

The Community Builders:

<http://www.tcbcommunities.com/searchlisting.aspx>
185 Dartmouth St.
Boston, MA 02116
Phone: 617-695-9595

Corcoran Management Company:

<http://corcoranapts.com/affordable-communities>
100 Grandview Road, Suite 205
Braintree, MA 02184
Company Headquarters Phone: 781-849-0011

Affordable Home Buying Programs:

The **Massachusetts Affordable Housing Alliance** list focuses on affordable home lotteries and resales for home purchases at: <http://www.massaffordablehomes.org/>

Hillary Pizer, Associate Director
The Massachusetts Affordable Housing Alliance
Phone: 617-822-9100 ext. 302

My Mass Mortgage:

<http://www.mymassmortgage.org/>
Citizens' Housing and Planning Association Phone: 617-742-0820

MassHousing Mortgage:

https://www.masshousing.com/portal/server.pt/community/home_buyer_loans/226/masshousing_loan
Mass Housing
1 Beacon St. #27
Boston, MA 02108
Phone: 617-854-1000

One Mortgage:

<https://www.mhp.net/one-mortgage>
The Massachusetts Housing Partnership
160 Federal Street
Boston, MA 02110
Phone: 800-752-7131
MHP Phone: 617-330-9955

For First Time Homebuyers:

First Time Homebuyers – Town of Arlington website:

<https://www.arlingtonma.gov/departments/planning-community-development/affordable-housing-in-arlington>

Affordable housing contact: Erin Zwirko

730 Mass Ave. Annex

Arlington, MA 02476

Phone: 781-316-3091

ezwirko@town.arlington.ma.us

Housing Corporation of Arlington

<https://www.housingcorporarlington.org/>

252 Massachusetts Ave.

Arlington, MA 02474

Phone: 781-859-5294

Medford Housing Authority

First-time home buyer classes are offered at the Medford Housing Authority at 121 Riverside Avenue, Medford, MA 02155. They are run by Susan Collins through Medford Community Housing (MCH). MCH also offers classes online through: <http://www.medfordcommunityhousing.org/workshop.html>

Contact: Susan Collins

Medford Community Housing

PO Box 575

Medford, MA 02155

Phone: 978-873-5650

Medfordcommunityhousing.org

Banks that can help you with the process of securing a place to live:

Winchester Co-Op Bank

19 Church St.

Winchester, MA 01890

Main Line: 781-729-3620

Joanne M. Reese, Senior Vice President of Operations: 781-756-3501 or

781-729-3620 ext. 501

jreese@wincoop.com

ISSUE- I Need Help Getting Repairs Done on My Home

Home Modification Loan Program - <https://www.mass.gov/home-modification-loan-program-hmlp>

The Home Modification Loan Program provides low- and no-interest loans to modify the homes of elders, adults, and children with disabilities. Such home modifications allow individuals with disabilities to remain in their homes and live independently in their communities. Any homeowner who has a disability or has a household member with a disability, or rents to an individual with a disability, may apply for this loan. Contact: Susan Gillam at 1-866-500-5599 or via email at sgillam@cedac.org

MassSave - Savings through energy efficiency:

<https://www.masssave.com/>

Phone: 866-527-7283

Home Improvement Loan Program - through MassHousing:

https://www.masshousing.com/portal/server.pt/community/home_owner_loans/228/home_improvement_loans

Phone: 617-854-1000

MassHousing Refinance Loans - through MassHousing:

https://www.masshousing.com/portal/server.pt/community/home_owner_loans/228/refinance_your_mortgage

Phone: 617-854-1000

Septic System Repair Loans - through MassHousing:

https://www.masshousing.com/portal/server.pt/community/home_owner_loans/228/septic_repair_loans

Phone: 617-854-1000

Get the Lead Out Program - through MassHousing:

https://www.masshousing.com/portal/server.pt/community/home_owner_loans/228/get_the_lead_out

Phone: 617-854-1000

HEAT loan from Mass Save:

<https://www.masssave.com/en/saving/residential-rebates/heat-loan-program/>

To get started, call Mass Save at 866-527-7283 to schedule a Home Energy Assessment.

***Heating Emergency Assistance Retrofit Task Weatherization Assistance Program (HEARTWAP):**

<https://www.mass.gov/service-details/heating-system-repair-replacement-program-heartwap>
100 Cambridge St. Suite 300
Boston, MA 02114
Call DHCD Contact, Main Office, at 617-573-1100

ISSUE- I can't afford to pay my utility bills

Community Teamwork's Fuel Assistance Program:

<http://www.commteam.org/how-we-help/housing-utilities/liheap/>

Community Teamwork Inc. also administers the **Low Income Home Energy Assistance Program (LIHEAP)** (<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>) for Arlington. This is a government program that supplements fuel costs for income eligible people. You can find the current income guidelines at: <http://www.commteam.org/wp-content/uploads/2017/07/FA-Flyer-2018.pdf>

CTI Fuel Assistance Program

45 Kirk St., 2nd Floor

Lowell, MA 01852

Phone: 978-459-6161

If it is your first time applying, regardless of your age, you can set up an appointment with the:

Arlington Council on Aging (<https://www.arlingtonma.gov/coa>) to fill out the form between October-April; applies to eligible Arlington residents regardless of age. Call the Council on Aging at 781-316-3400 for information regarding appointment dates and times.

If you have already applied for LIHEAP and still need help staying warm, you can apply for the Arlington Heating Assistance Program.

Arlington Heating Assistance Program:

<https://www.arlingtonma.gov/departments/health-human-services/arlington-heating-assistance-program>

For more information on the Arlington Heating Assistance Program and how to receive services, please call the Council on Aging at 781-316-3400. Please be aware that recipients must have applied for, received, and exhausted State Fuel Assistance in order to qualify.

Good Neighbor Energy Fund (requires income between 60% and 80% of the state's median income): <http://www.magoodneighbor.org/assistance.html>
Phone: 800-334-3047

Discount Rates on Utilities:

National Grid Low Income Electric Services:
https://www9.nationalgridus.com/non_html/On_Demand_Electric_Initial%20v052209.pdf

If you have any additional questions, please call our Customer Service Department at 1-800-322-3223, available Monday-Friday, 7:00a.m.-7:00p.m. and Saturday, 7:00a.m.-5:00p.m. or, for your convenience, visit us at www.nationalgridus.com.

National Grid Low Income Gas Services:
https://www.nationalgridus.com/media/pdfs/billing-payments/cm4445_ma_gas_discontrateapp.pdf
Phone: 1-800-322-3223

Eversource Discount Rate Application:
(<https://www.eversource.com/nstar/CustomerCare/Residential/DiscountRate>)
For information, call: 800-592-2000

Joe-4-Oil Citizens Energy Discount Program:
<http://citizensenergy.com/assistance-programs/joe-4-oil>
Phone: 1-877-JOE-4-OIL

Natural Gas Heating Assistance Program:
<http://citizensenergy.com/natural-gas-heat-assistance-program>

Comcast Internet Essentials Program - low cost internet from Comcast:
<https://www.internetessentials.com/>

Safelink Wireless - free cell phone and wireless minutes:
<https://www.safelinkwireless.com/Enrollment/Safelink/en/NewPublic/index.html>

For Enrollment and Plan Changes Support: 800-Safelink (723-3546)
Monday - Saturday 8:00 a.m. - 10:00 p.m. EST
Sunday 8:00 a.m. - 7:00 p.m. EST

ISSUE- I have a shutoff notice from my utility company

Utility Shutoff Protection

Massachusetts law will prevent utility companies from turning off service to households in special situations. Those protected include low-income families with infants, senior households, and people with serious illnesses who cannot afford to pay their utility bills. During the winter months, utility companies can never shut off heating-related utilities for those households under a financial hardship.

Community Teamwork, Inc. may be able to advocate for you with the utility company: <http://www.commteam.org/how-we-help/housing-utilities/>

Resource Center

17 Kirk St.

Lowell, MA 01852

Phone: 978-459-0551

Good Neighbor Energy Fund: <http://www.magoodneighbor.org/assistance.html>

Phone: 800-334-3047

Catholic Charities Greater Boston: <http://www.ccab.org/cc-programs>

Somerville Phone: 617-625-1920

Metro Housing RAFT program: <https://www.metrohousingboston.org/what-we-do/specialized-services/raft/>

Phone: 617-859-0400 ext. 700

Attorney General (<https://www.mass.gov/keeping-your-utilities-on>)

Consumer Hotline: 617-727-8400

ISSUE- I need help paying my mortgage/rent

Catholic Charities Greater Boston: <http://www.ccab.org/cc-programs>

Somerville Phone: 617-625-1920

Salvation Army Emergency Assistance:

<https://massachusetts.salvationarmy.org/ma/camneedhelp#EA>

Cambridge Phone: 617-547-3400

Metro Housing RAFT program: <https://www.metrohousingboston.org/what-we-do/specialized-services/raft/>

Phone: 617-859-0400 ext. 700

Metro Housing HomeBASE program:

<http://www.metrohousingboston.org/what-we-do/specialized-services/homebase/>

Phone: 617-859-0400 ext. 700

Housing Corporation of Arlington Homelessness Prevention Program:

<https://www.housingcorporarlington.org/homelessness-prevention/>

For more information, please contact:

Rita Shah

Phone: 781-859-5164; rshah@housingcorporarlington.org

ISSUE: I am homeless, doubled up with others, or afraid I will soon be homeless and need help

*If you need a place to sleep tonight, follow these instructions from **Housing Families**:* <https://housingfamilies.org/resources/need-shelter/>

919 Eastern Avenue

Malden, MA 02148

Phone: 781-322-9119

Visit **Massachusetts Coalition for the Homeless** to search a list of area private non-profit shelters that you can contact directly: <https://www.mahomeless.org/get-help>

73 Buffum Street

Lynn, MA 01902

Phone: 781-595-7570

List of shelters and homelessness services available to current and former Arlington residents

A place to sleep tonight:

Caspar ESC

<http://casparinc.org/emergency-services-center-and-shelter.html>

240 Albany St.

Cambridge, MA 02139

Phone: 617-661-0600

Wet shelter, open 24 hrs.

Open to men and women

Salvation Army Men's Shelter- Cambridge

402 Mass. Ave.

Cambridge, MA 02139

Phone: 617-547-3400 ext. 225

Sober men only

St. Patrick Women's Shelter

270 Washington St.

Somerville, MA 02143

Phone: 617-628-3015

Sober women only

Short-Term Shelter:

Rosie's Place

http://www.rosiesplace.org/how_we_help/emergency_services/overnight_shelter

889 Harrison Ave.

Boston, MA 02118

Phone: 617-442-9322

Women only, 21 days

Long Term Shelter:

Pine St. Inn (Men)

http://www.pinestreetinn.org/our_programs/shelter

444 Harrison Ave.

Boston, MA 02118

Phone: 617-892-9207

Pine St. Inn (Women)

http://www.pinestreetinn.org/our_programs/shelter

363 Albany St.

Boston, MA 02118

Phone: 617-892-9321

Boston Rescue Mission

<https://www.brm.org/>

39 Kingston St.

Boston, MA 02111

Seasonal shelter programs run from November-March. These beds are offered on a first come, first served basis. Doors open at 5:00p.m. For longer stay, there is a four month residential program for those who are homeless and have issues with addiction. These beds are available year round. To apply, please call us at: 617-482-8819 ext. 1240.

The New England Center for Homeless Veterans

<http://nechv.org/cause/housing/>

17 Court Street

Boston, MA 02108

Up to 2 years, room available for women

Must present DD214 proof of military background

Phone: 617-371-1700

Drop-In, Food, Showers:

Youth on Fire

<https://www.facebook.com/YouthOnFireMA/>

1 Church Street

Cambridge, MA 02138

Phone: 617-661-2508

Anyone between ages 14-24

M/W/F: 11 a.m.-5:45 p.m.

T/TH (appointment only): 11 a.m.-5:45 p.m.

No referral necessary

On The Rise Women's Safe Haven

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

341 Broadway

Cambridge, MA 02139

Phone: 617-497-7968

M/T/TH: 8 a.m.-2 p.m.

W/F: 8 a.m.-4 p.m.

Sat: 8 a.m.- 2 p.m. (closed first Saturday of every month and the last Saturday of the month only when there are 5 weeks in a given month).

Women only

Salvation Army

402 Mass Ave.

Cambridge, MA 02139

Phone: 617-547-3400 ext. 225

M-F: 8:30 a.m.-3:30 p.m.

SAT: 11:30 a.m.-1 p.m.

SUN: 1 p.m.-3 p.m.

Assistance:

SafeLink Domestic Violence Shelters

Phone: 877-785-2020

Healthcare for the homeless:

Albany St. Clinic (Caspar)

240 Albany St.

Cambridge, MA 02139

Phone: 617-661-0600 ext. 5

Salvation Army Clinic

402 Mass. Ave.

Cambridge, MA 02139

Phone: 617-547-3400 ext. 3

Access: Drug User Health Program- AIDS Action Committee

359 Green St.

Cambridge, MA 02139

Phone: 617-599-0246

Needle Exchange/Drop-In Hours:

M-F: 9 a.m.-4 p.m.

TH: 9 a.m.-2 p.m.

If you are trying to prevent homelessness or stabilize your situation:

Contact **Homelink:**

<http://www.mahomeless.org/homelink>

Phone: 781-595-7570

Contact **Housing Corporation of Arlington Homelessness Prevention Program:**

<https://www.housingcorporarlington.org/homelessness-prevention/>

For more information, please contact:

Rita Shah

Phone: 781-859-5164; rshah@housingcorporarlington.org

Contact **Metro Housing HomeBASE program:**

<https://www.metrohousingboston.org/what-we-do/specialized-services/homebase/>

Phone: 617-859-0400 ext. 700

Contact **Metro Housing RAFT program:**

<https://www.metrohousingboston.org/what-we-do/specialized-services/raft/>

Phone: 617-859-0400 ext. 700

Contact **Somerville Homeless Coalition:**

<https://www.somervillehomelesscoalition.org/programs/shelters/>

Phone: 617-623-2546

ISSUE: I need help finding a job

Massachusetts One-Stop Career Centers (<https://www.mass.gov/massachusetts-one-stop-career-centers>) offers assistance with job placement and training as well as tips for job searches and interview techniques.

Massachusetts Job Quest:

<https://jobquest.detma.org/jobquest/default.aspx>

Phone Help Line: 888-578-6599

or

617-626-6571

ISSUE: I need health insurance

Where to buy health insurance for Mass Residents:

If you have a job that offers health insurance, enrolling in one of your employer's plans may be the most affordable option.

You can also buy health insurance on your own, directly from licensed health insurance companies and HMOs. Know that Massachusetts law forbids these insurance companies to deny your application or charge you more because of your medical history.

For information about these programs, including the eligibility requirements, call the **MassHealth Customer Service Center** at 800-841-2900.

Health Connector: Massachusetts portal for the online health insurance marketplace.

Health Connector Customer Service Call Center Phone: 1-877-623-6765

How to apply to MassHealth:

*Online at <https://www.mahealthconnector.org/get-started/individuals-families>

*In Person at MassHealth Enrollment Center
45 Spruce Street
Chelsea, MA 02150

*Over the phone at 800-841-2900

If you have questions about applying for healthcare, contact Health Care for All HelpLine at 800-272-4232.

Check if you are eligible for MassHealth here: <https://www.mass.gov/service-details/eligibility-for-health-care-benefits-for-masshealth-the-health-safety-net-and>

ISSUE: I need help paying for my child's activities in Arlington

Recreation Program Scholarships

All recreation programs in Arlington receive Community Development Block Grant money to subsidize families needing help with recreational program fees. School-based programs will negotiate athletic fees on a case-by-case basis upon request from the parent/caregiver.

Scholarship application information:

Arlington Recreation:

<https://www.arlingtonrec.com/info/dept/details.aspx?DeptInfoID=904>

422 Summer Street

Arlington, MA 02474

Email: recoffice@town.arlington.ma.us

For eligibility information, contact the Recreation Office at 781-316-3880

Office hours: M-F, 8:00 a.m.-4:00 p.m.

Arlington Boys' & Girls' Club (<http://www.abgclub.org/registration1>)

Scholarship applications are available at the front desk.

60 Pond Lane

Arlington, MA 02474

Email: abgclub@comcast.net

Phone: 781-648-1617

Fidelity House (<https://www.fidelityhouse.org/info/default.aspx>)

Ask about scholarships when registering.

25 Medford Street

Arlington, MA 02474

Email (General Inquiries): fiho.online.reg@hotmail.com

Phone: 781-648-2005

Arlington High School Athletic Department:

<https://sites.google.com/a/arlington.k12.ma.us/aps-sports/drug-policies>

Phone: 781-316-3550

Arlington Soccer Club

The Arlington Soccer Club (ASC) (<http://www.arlingtonsoccerclub.org/>) is a volunteer non-profit organization dedicated to the advancement of the game of Soccer in Arlington, Massachusetts. The Arlington Soccer Club provides over 1,800 boys and girls between the ages of 5 and 18 an opportunity to play organized soccer every spring and fall. If you require financial assistance, please contact the Registrar at the following email address:
registrar@arlingtonsoccerclub.com

The Makayla Fund

The Makayla Fund Scholarship (<http://themakaylafund.org/the-fund/thefund/>) was created to assist anyone who needs a little help in paying for sports tuition, buying new equipment, or paying other fees which may be required for a junior high or high school sport.

CCACCESS CAMPS

Cambridge Camping (<http://www.cambridgecamping.org/camps>) partners with BB&N day camps and several overnight camps in New England through our "CCAccess" program. We offer partial scholarships to children and families who qualify. Transportation is provided for all camps except for BB&N.

99 Bishop Allen Drive

Cambridge, MA 02139

s.zimmerman@cambridgecamping.org

Phone: 617-864-0960

Overnight camps only for Arlington residents

Arlington Children's Theater (ACT)

Arlington Children's Theatre (<https://act.arlington.ma.us/workshops.html>) is a nonprofit organization dedicated to creating positive theatrical experiences for children aged 7 through 18.

Reduced program fees are available to those who require financial assistance. An application for reduced program fees must be submitted at least two weeks prior to the first meeting of a production or workshop to be considered.

115 Massachusetts Avenue

Arlington, MA 02474

info@act.arlington.ma.us
ACT Office Phone: 781-316-8090

Arlington Center for the Arts (ACA)

ACA (<https://www.acarts.org/class-policies>) is a vibrant community arts center and a cornerstone for the creative community in Arlington. ACA offers opportunities for people of all ages to discover and express their own creativity and to appreciate the creativity of others through a dynamic mix of classes, workshops, exhibits, performances, and special events.

ACA has vacation and summer camps for children and they offer limited scholarships. Find the scholarship application here:

https://docs.wixstatic.com/ugd/58e3cd_99a3270d149a47cf8c12950f2b1242d0.pdf
20 Academy St.

Arlington, MA 02476

Phone: 781-648-6220

Arlington Community Education

Arlington Community Education (<http://www.arlingtoncommunityed.org/youth-programs/>) is a program of the Arlington Public Schools that is completely supported by tuition received from our courses. ACE provides affordable education and enrichment opportunities for children and adults from Arlington and surrounding communities.

Partial tuition scholarships are available for some classes for students who receive free and reduced lunch and can be applied to 1 week of classes (or 2 weeks of half-day classes) per summer per child. Please contact Food Services to obtain your official letter before contacting us. Registration must be done over the phone or in person only. Scholarships vary by class and are for Arlington residents. Please call 781-316-3568 for more information.

Children participating in reduced lunch programs receive 30% off tuition; children with free lunch status receive 50% off tuition.

Other Services/Contacts

Young Adults:

Arlington Youth Counseling Center (AYCC)

AYCC is a fully licensed Massachusetts Department of Public Health mental health counseling facility that works towards the treatment, prevention, and resolution of problems relating to Arlington children and their families. AYCC accepts most insurance (e.g., MassHealth, Network Health, Commonwealth Care, BCBS, Harvard Pilgrim, and Tufts, etc.).

AYCC helps children and their families cope with peer and social stress, behavioral difficulties, family crisis and violence, depression, grief, abuse, neglect, and alcohol and drug abuse.

www.arlingtonma.gov/aycc
670R Mass Ave.
Arlington, MA 02476
E-mail: aycc@town.arlington.ma.us
Phone: 781-316-3255

Community Resource Services

The Community Resource Services program aims to connect Arlington residents to information, assistance, and referrals to local services and government programs. This includes connecting residents to basic needs services (such as food programs, housing assistance, and shelter information) and also other needs (such as childcare, domestic violence programs, and emergency financial assistance services). For more information or to make a referral, please contact AYCC. Contact Information: AYCC, 781-316-3253, aycc@town.arlington.ma.us

STEPS Young Adult Resource Center

STEPS is a resource center for young adults between the ages of 18 and 26 who need a safe, supportive environment where they can get the help they need as they transition to independent living. STEPS aims to show young adults they are not alone. Regular workshops and events are held to teach valuable life-skills. Members are encouraged to draw on their strengths so they can recognize they already possess the capabilities necessary to accomplish their goals and have the power to overcome their obstacles. No referral required.

STEPS is open 1 p.m.-8 p.m. on Mondays, Tuesdays, and Thursdays; 1 p.m.-6 p.m. on Wednesdays; and 1.p.m.-5 p.m. on Fridays.

www.facebook.com/STEPSyoungadultresourcecenter/
12 Prescott St.
Arlington, MA 02474
steps@waysideyouth.org
Phone: 781-646-2826

Female Support Groups:

There are a number of support groups for new mothers and parents. A partial list follows:

New Parents Support Group

(Mothers and babies < 1 year), Fridays 10:00am – 11:30am,
Calvary Methodist Church
300 Mass Ave
Arlington, MA 02474
Run by Jewish Family and Children Services
Phone: 781-647-5327

Postpartum Depression Group

Tuesdays 1:00 p.m.-2:30 p.m.
Jewish Family and Children Services Headquarters
1430 Main St.
Waltham, MA 02451
Phone: 781-693-5625

Visiting Moms Program

Program offers volunteer assistance and support for new parents in their homes for one hour per week up to the child's first birthday.

Contact Information for Mothers Support Groups:

Debbie Whitehill
Jewish Family and Children Services
Phone: 781-693-5625

First Step – Domestic Violence Support

Support groups for women leaving violent home situations. First Step helps women learn healthy parenting, prevent and resolve issues of family violence, and develop life skills.

Contact Information: First Step Program Hotline: 781-316-3219

Domestic Violence Shelter 24 hour hotline: 877-785-2020

Other Support Groups:

Grandparent Support Group

The Town of Arlington provides a support group for grandparents who have a responsibility for raising their grandchildren. The group meets the second Wednesday of each month from 12:00pm to 1:30pm.

Council on Aging

27 Maple St.

Arlington, MA 02476

Contact Information: Lourie August, Council on Aging

Phone: 781-316-3410

Senior Transportation Services

The Arlington Council on Aging (COA) provides a number of transportation services for residents ages 60 or older. The COA Van, a handicapped-accessible vehicle, provides transportation for Arlington seniors from their homes to COA-related activities and/or to medical appointments. Arlington seniors may also use the Dial-A-Ride Taxi program, which provides transportation to anywhere in Arlington. Both programs provide transportation at a nominal cost. Additionally, the COA manages several grant programs which provide transportation subsidies for medical appointments, including the Sanborn Foundation, which provides free transportation for Arlington Residents to/from cancer-related appointments. For more information, please visit arlingtonma.gov/coa or call the COA at 781-316-3400.

Eligibility Guidelines: 1) must be an Arlington senior, and 2) meet program/income guidelines.

Contact: scarp@town.arlington.ma.us

Phone: 781-316-3400

Senior Services and Protection:

Arlington Council on Aging

The Arlington Council on Aging (COA) also provides a variety of other programs for its seniors, ranging from health and wellness support to assistance with medical insurance, tax preparation, and much more.

For information on the Arlington COA programs, please visit:
www.arlingtonma.gov/coa
Phone: 781-316-3400

Elder Abuse

Elder abuse is defined as physical, sexual, or emotional abuse, neglect, or financial exploitation. For information on suspected elder abuse, please contact:

Minuteman Senior Services

<https://www.minutemansenior.org/our-services/elder-protective-services>
Phone: 781-272-7177 or the elder abuse hotline at 800-922-2275

E911 – Emergency Telephone Service

E911 is an emergency telephone listing service for frail or physically-challenged persons. Once registered, if an emergency 911 call is made from the resident's telephone, emergency responders will have the resident's name, address, and particular disability. Registration forms for E911 are available in the following locations in Arlington:

Arlington Police Department

112 Mystic St.

Arlington, MA 02474

Phone: 781-643-1212 (non-emergencies only)

Arlington Council on Aging

27 Maple St.

Arlington, MA 02476

Phone: 781-316-3400

Arlington Police Wellness Check

The Arlington Police Department provides wellness checks for its residents. People concerned with the well-being of an Arlington resident, should call the non-emergency police number.

Contact Information: Arlington Police

Phone: 781-643-1212 (non-emergencies only)

Domestic Violence Support or any other emergency situation: In the event of an emergency, always dial 911.

Sanborn Foundation for the Treatment/Cure for Cancer

The Sanborn Foundation provides financial assistance for medical transportation to Arlington residents who are receiving cancer treatments. The transportation program is run through the Council on Aging. The Sanborn Foundation also assists Arlington residents with expenses related to the disease and its treatment. Residents should make requests for transportation to the Council on Aging and requests for other assistance directly to the Foundation.

Contact Information:

Transportation to Medical Appointments, Council on Aging
27 Maple St.
Arlington, MA 02476
Phone: 781-316-3400

Sanborn Foundation
PO Box 417
Arlington, MA 02476
Phone: 781-643-7775

Disabled Persons Protection Commission

For information on suspected abuse of a disabled person, please contact the Massachusetts Americans with Disabilities Commission at 617-727-6465, or 800-426-9009 (24 hour hotline).

Local information and assistance with ADA concerns is available through the Arlington ADA office at 781-316-3430 ext. 1 or jjones@town.arlington.ma.us

Veterans' Services

Veterans and dependents may be eligible for state level benefits such as emergency shelter, financial aid, fuel assistance, and medical coverage assistance. State benefits are determined by "Means Testing" based on income and asset levels. Information and assistance is provided for residents seeking to file federal Veterans' Administration (VA) claims (Service Connection, Aid and Attendance, Widows Pension, etc.). Assistance is also provided for veterans seeking military personnel and medical records, applying for VA Healthcare, burial and grave marker assistance, and other military related matters.

For more information, please visit www.arlingtonma.gov/veterans

Contact Information:

730 Mass Ave. 3rd fl.
Arlington, MA 02476
Jeff Chunglo, Town Hall Annex
Phone: 781-316-3166
Email: jchunglo@town.arlington.ma.us

Important Telephone Numbers:

Respond, Inc. 24 hour hotline

617-623-5900

Childhelp National Child Abuse Hotline

800-4-A-CHILD (1-800-422-4453) (24 hours a day)

800-792-5200 (weekends and afterhours)

Mass Department of Children and Families, 30 Mystic St.

781-641-8500

Mass Dept of Transitional Assistance (DTA)

877-382-2363

Security Administration Office (serving Arlington)

10 Fawcett St. 1st Fl, Cambridge, MA 02138

888-527-9340

Poison Control Hotline

800-222-1222

Arlington Police

Emergency: 911

Non-emergency: 781-643-1212

Arlington Fire

Emergency: 911

Non-emergency: 781-316-3800

Domestic Violence Hotlines and Legal Services:

First Step Domestic Violence Support Group

781-316-3219

Saheli Boston Domestic Violence Hotline for South Asian Females

866-4-SAHELI (866-472-4354)

Arlington Family Services Unit, Arlington Police Department, 112 Mystic St.

781-316-3915

Safelink Domestic Violence Shelter 24 Hour Hotline

877-785-2020

National Domestic Violence Hotline

800-799-SAFE (7233)

REACH Beyond Domestic Violence-Waltham

800-899-4000

Victim Witness Advocate

781-897-8490

Legal Advocacy and Resource Center

800-342-LAWS (5297)

Legal Services:

Cambridge/Somerville Legal Services

617-603-2700

Community Legal Services and Counseling Center

617-661-1010

Greater Boston Legal Services

617-371-1234

800-323-3205

Massachusetts Bar Assoc. Lawyer Referral

617-654-0400

800-392-6164

Additional Legal Resource/Information:

Office of Consumer Affairs and Business Regulation

The Office of Consumer Affairs and Business Regulation has a combined mission of educating and empowering consumers, advocating on their behalf, and regulating and licensing certain businesses. Please note that while they can explain aspects of the law (i.e., tenant and landlord rights, Lemon Law, Home Improvement Contractor registration), the agency does not provide legal assistance.

501 Boylston St. Suite 5100

Boston, MA 02116

Phone: 617-973-8787

or 888-283-3757

Mental Health Support Services:

**For additional information contact Rebecca Tsopelas, LMHC, APD Clinician at 781-316-3947 (for confidential meetings regarding Narcan training, substance/abuse detox placement, individualized assessment of needs/referrals to resources, hoarding response)*

Crisis/Suicide:

Advocates Psychiatric Emergency Services - Waltham

781-893-2003

National Suicide Prevention Lifeline

Provides free and confidential support 24/7 for people in distress as well as for those concerned with the well-being of someone else.

1-800-273-8255

Samaritans Helpline

Provides free and confidential support 24/7 for those in crisis.

Call or text anytime: 1-877-870-4673

Advocates Psychiatric Emergency Services

This service utilizes experts in the field to assess mental health crises in non-hospital settings to maintain the dignity of both adult and teenage clients. Accepts MassHealth as well as other public and private health insurances.

Crisissupport@Advocates.org

www.Advocates.org

Contact phone for East Area (including Arlington): 800-540-5806

Info/Advocacy:

NAMI (National Alliance on Mental Illness)

1-800-950-NAMI (6264)

Substance Abuse Services:

Wicked Sober – Substance Abuse Support

Wicked Sober was created to help those struggling with drug and alcohol dependency by assisting them in the process of achieving recovery. Wicked Sober gives free consultations for families of loved ones, friends of the addict or alcoholic, and the addict or alcoholic themselves. Wicked Sober can also assist in locating treatment programs.

Contact Information:

75 Lindall St.

Danvers, MA 01923

Phone: 855-953-7627

Metro Boston Project Outreach

Free Narcan training. Representatives from various treatment programs are present to answer any questions. Resource nights are held on the second Thursday of every month from 5-8 P.M. Location information can be found on the Metro-Boston Facebook page:

<https://www.facebook.com/MetroBoston-Project-Outreach-158046421543154/>

Family and Friends Support and Education Group

Are you being impacted by someone close to you suffering from an addiction? Groups will be held monthly on the second Tuesday of each month from 6-7 p.m.

Group will be held at:

Mount Auburn Hospital, Clark Building, 1st Floor

330 Mt. Auburn St.

Cambridge, MA 02138

Facilitated by:

Marianne Parent, LMHC MA

Phone: 617-499-5665 ext. 4065

Grief Support Services:

GRASP

For those who are grieving over the loss of a loved one to substance abuse.

Grasphelp.org

Somerville GRASP Chapter

Meeting Place TBD (contact for exact location)

Contacts: Maureen or Michael Foster

Mairin52@gmail.com

Phone: 617-699-0529

Meets second Monday of each month from 7-8:30 p.m.

www.Griefnet.org

Internet community of resources for those who have suffered loss.

Care Dimensions

<https://www.caredimensions.org/grief-support/index.cfm>

Offers a variety of services for residents of MA, including workshops and grief support groups, bereavement resources, community education programs, and remembrance/tribute programs.

Call 855-774-5100 or email Grief@caredimensions.org for more information.