

Resource Guide for People Homeless in Somerville and Arlington

(October 2018)

*This guide is based on Fred Berman's original "Directory of Resources for People Homeless in Cambridge". It was updated several times, the last being in October 2018 by the Somerville - Arlington Homeless Providers Group. Online copies are available on the City of Somerville and Town of Arlington's website. To report changes (or obtain paper copies), please contact:
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Note: The information contained in this guide was, to the best of our knowledge, accurate at the time of publication. Some of the services listed tend to come and go. Please call ahead before referring clients. If you determine that there is a listing that should be added, updated or removed, please notify us. We aim to provide the best possible resource information.


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Overview of Services

Residents of the Town of Arlington and City of Somerville have access to an array of services designed to prevent homelessness and to address homelessness where it already exists. All the services listed in this Resource Guide are open to Arlington or Somerville residents (unless otherwise noted) and all may be contacted directly by the person seeking services (unless otherwise noted that an agency or other referral is needed).

Disability Access: In this resource guide, listings which include a  are wheelchair accessible. For general information about the accessibility of municipal services, please contact the City of Somerville's Diversity, Equity and Inclusion Services at 617-625-6600 or call 311 or the Town of Arlington's Housing and Disability Program Office at 781-316-3431.

Shelters provide emergency housing. Different types of shelters serve different sectors of the homeless population: families, battered women (with or without children), homeless and runaway youth, sober adults, and adults who are intoxicated or high. Each kind of shelter has its own rules regarding eligibility and access.

Transitional Housing offers 6-24 months of residential stability to homeless persons who have demonstrated their commitment to work towards ending their homelessness within a stable residential program with on-site case management.

Drop-in programs provide a safe place where homeless persons can go during the daytime, whether to simply get off the street or to access supportive services.


Street outreach serves homeless persons living on the street (or in parks, the subway, their cars, etc.).


Case management provides individualized assistance with developing and implementing a plan for ending an individual or family's homelessness.

Services for Non-English Speaking Persons

The United Way's First Call for Help: Information and Referral - Mass 211.

(www.mass211.org) Access via the hotline: dial 211. 877-211-6277. Open 24/7. Provides guidance to find shelter, food, child care, emotional support, help for children or teens and other essential services and resources to raise quality of life. Information and referrals available in English and Spanish. Serves Somerville and Arlington as well as the rest of MA. Email address is mass211help@gmail.com.

Cambridge Health Alliance Multilingual Affairs & Patient Services  (617-665-3333) 1493 Cambridge St, Cambridge MA 02139. Provides interpreter services in more than forty languages to all Cambridge Health Alliance sites. Provides professional medical interpreters and written translation services.

City of Somerville  (Dial 311) 93 Highland Avenue Somerville MA 02143. Clients access the services through telephone, walk in, email, social media. 24/7 service available and no referral needed. Phone translation available in Spanish, Portuguese or Haitian Creole. Other languages are available via the Language Line by 3 way call. Those calling from outside Somerville should dial 617-666-3311. Only serves Somerville constituents.

Massachusetts Alliance of Portuguese Speakers (617-864-7600): Portuguese www.MAPS-inc.org

Shelters for Homeless Families and Adults

Somerville Homeless Coalition (SHC) (617-623-6111) Post Office Box 440436, Somerville MA 02144 / 1 Davis Square, Somerville. Operates a family shelter (Cross Street Family Shelter) and an adult shelter (on Chapel Street) in Somerville. Also works with homeless families and individuals on case management, homeless prevention, and supportive housing. Clients come in through walk-in with or without referral. Serves Somerville and Arlington residents only. SHC Offices open daily from 9 to 5 except for weekends. <http://www.shcinc.org>

Shelters for Homeless Families:

*Families seeking shelter should contact the **Mass. Department of Transitional Assistance (DTA)** from Monday to Friday between 8 am and 5 pm. The phone number is 617- 551-1700. Address: 80 Everett Avenue, 3rd Floor, Chelsea, MA 02150. The DTA arranges placement for low income families determined to be homeless and eligible for Emergency Assistance (EA). Those found to be non-eligible can gain advocacy support in gaining DTA approval for shelter placement, or for help finding shelter at one of the few programs serving non-eligible families.*

Cross Street Family Shelter, (617-776-6661) Shelter address: 59 Cross St, Somerville.

Operated by SHC. Open 24/7. This is a residential facility for families in a communal-like atmosphere where families reside together and share services and resources. The family shelter can serve five families at one time and offers housing search, case management, referrals to community resources such as school enrollment, child care, parenting skills, budgeting, etc. *Referral required from DTA.* The building is not wheelchair accessible.

Shelters for Persons Experiencing Domestic Violence and their Children:

Respond, Inc. (617-623-5900) Location disclosed only to residents. Victims of domestic violence can call for emergency shelter, support, advocacy, and education. Support is offered in the following languages: English, Spanish, French, Portuguese and Amharic. Referral from DTA needed. Other services provided include counseling, legal referral and court accompaniment, basic needs assistance, housing, group support sessions and advocacy. For shelter availability please call the crisis hotline at 617-623-5900.
<http://www.respondinc.org/main.html> Safelink 24-hour hotline: 877-785-2020

Shelters for Homeless Individuals in Somerville/Arlington area:

*All of the following shelters—except **CASPAR's Emergency Service Center** at 240 Albany St, Cambridge (see below) —require sobriety and require that guests reserve their bed, in some cases by as early as 7:30 AM. Beds fill quickly, especially in cold/bad weather. Some require referrals.*

Referral Needed:


Heading Home Shelter (617-547-1885) 109 School Street, Cambridge. Short term and extended stay beds for **men and women**. Provides case management, housing search, and referrals to community services to assist with mental health, medical care, employment, education,

and benefits. *Referral is needed*; then call at 10 am to reserve a bed. Lunch 12-3 Food Friday 12:30-2:00 only. Clothing Mon-Thurs 12-1 only. <http://www.headinghomeinc.org>

First Church Shelter (617-661-1873) 11 Garden St., Cambridge. Provides comfortable and safe place to stay. Extended stay beds for **sober men only**. *Referral required*. Offers two meals, showers and personal storage facilities. Assistance with identifying, applying for- and securing resources needed to move out of homelessness. Partnership between shelter and HomeStart. Guest or referral source should call periodically to ‘refresh’ request. <http://www.firstchurchcambridge.org/first-church-in-the-world/first-church-shelter>

No Referral Needed:

SHC Adult Shelter (617-623-2546) 14 Chapel St, Somerville (Davis Square stop on the Red Line). Operated by the Somerville Homeless Coalition. An emergency and extended stay **sober** shelter for **12 men and 4 women**. Call to get on waitlist (leave name and number on voicemail) and call daily to “check in” on waitlist status. Drug and alcohol testing. Mandatory housing focused case management. Required to save 50% of income during stay. www.shcinc.org

CASPAR Emergency Service Center / Bay Cove Human Services  (617-661-0600) 240 Albany St, Cambridge. Provides 107 beds for **men and women** who are actively using drugs and/ or alcohol. Clients have access to medical care, 3 meals a day, personal hygiene supplies, case management, and treatment referrals in a safe and welcome environment. Service is 24/7 year round. Shelter for more than one night requires proof of history of Somerville, Arlington, Cambridge, Belmont, or Watertown residency. Bed lottery is at 3:00 PM. Arrive early as it is first-come, first-served for lottery. Beds can only be reserved in person. <http://www.casparinc.org/programs/emergency-services/emergency-services-center> and shelter

Harvard Square Shelter (617-547-2841) or (888-285-4038) 66 Winthrop St, Cambridge MA 02138. Open from November 15th evening to April 15th. Shelter is open from 7pm to 8 am (Saturdays open until 9 am). Short term and extended stay beds for **sober men and women**. Extended stay beds are assigned by lottery and are typically reserved for people who are working. Call between 7:30 and 8am for lottery number. Call back between 8:05 and 8:30am to see if you were assigned a bed. For short term beds call at 9:30am. hshs.info@gmail.com <http://www.hcs.harvard.edu/~hshs/>

St. Patrick’s Shelter (617-628-3015) 270 Washington St, Somerville. An emergency and extended stay shelter for **sober women only** over the age of eighteen. Operated by Catholic Charities. No referral needed, walk in by 3pm. Hours of operation: shelter 24/7,

Office 9/5 daily except for weekends. Serves all of Middlesex County. Clients need to call in the morning for bed reservation. Shelter offers bed and a food pantry on Tuesdays and Thursdays. It is not wheelchair accessible. <http://www.ccab.org/patricks.html>

Salvation Army (617-547-3400) 402 Massachusetts Ave, Cambridge. Short term and extended stay beds for **sober men** only. Provides case management, substance abuse services and vocational counseling. Call first thing in the morning (7am or later) to reserve a bed. Arrive before 7pm to claim a bed. No referral needed. No geographic restrictions. M-F 8:30-3:30 Sat 11:30-1:00 Sun 1:00-3:00
<https://massachusetts.salvationarmy.org/ma/camneedhelp#DIDS>

Y2Y Harvard (617-864-0795) One Church Street (middle entrance), Cambridge, MA 02138
Serving young adults 18-24 years old from October 15 – April 15. Open nightly 7pm – 8am. One-night beds and 30-day stays. No drugs or alcohol in the space, security check at door. Low-threshold program. Proof of age is required, (help for that provided). Beds are distributed daily through a lottery. To enter 1-night bed lottery, call between 9:00-9:30 p.m. Y2Y does not give away any beds at the door. To enter 30-day stay lottery, call between 8:00-8:30 a.m. every morning, or use an online form anytime at:
<http://www.y2yharvardsquare.org/beds/>.

Other Nearby Shelters for Homeless Individuals

Pine Street Inn, (617-892-9100) 444 Harrison Street, Boston, MA. A shelter that provides meals, medical care, dental care, eye services and case management to clients. No referral needed, no geographical restrictions. The shelter has a lobby with ramp but is not wheelchair ready. No person is denied but if the shelter is full, clients referred to other qualifying institutions. Clients need to be 18+ to qualify.

Middlesex Human Services Agency (781-894-6110) <https://www.mhsainc.org/ourservices>
Regional shelters-call or visit website for information.

Rosie's Place (617-442-9322) 889 Harrison Ave., Boston, MA 02118. Provides meals and shelter to homeless women as well as English and literacy classes, job and housing search assistance, employment opportunities through the Women's Craft Cooperative, and multilingual advocacy services.

Bristol Lodge Individual Shelter for Men (781-893-0108) 27 Lexington Street, Waltham.
Bristol Lodge is not wheelchair accessible. Beds for 45 men. No referral needed.

Bristol Lodge Single Women's Shelter (781-893-0108) 205 Bacon Street, Waltham. Bristol Lodge is not wheelchair accessible. Beds for 12 women. No referral needed.


Transitional Housing


See also:


- "Residential Treatment Programs" listed under "Addiction Services".
- "Shelters" for those offering "extended stay" beds
- "Homeless and Runaway Youth" for transitional housing programs for youth


Note: Each program has its own eligibility guidelines and participation requirements.

Mass. Bay Vets Center (MBVC) (617-627-9712 x 181 and 182) 2 North Street, Somerville MA. Operated by Volunteers of America. 22 transitional beds (and 7 permanent housing units) for homeless veterans. Other services include mental health counseling, employment and health care referrals, life skills training, homeless services, recovery services to help transition back into the community.

PASS (Prevention and Stabilization Services) Program  (617-623-6111) 1 Davis Square, Somerville. PASS Program is part of Somerville Homeless Coalition. Provides rental subsidies and case management services for up to 1-2 years for Somerville households at risk of homelessness and meet "self-sufficiency" requirements. No referral needed; clients can walk in or call to start application process. Hours of operation: Monday through Friday from 9:00 to 5:00.

Carey Program for Men  (617-349-6349) 362 Green Street, Cambridge. Rooms are located at Cambridge YMCA at 820 Massachusetts Ave. Sixteen -month transitional housing program, candidates must be sober 6+ months and be working full time. Part of Cambridge Multi-Service Center. Clients need to have successfully completed a preceding program, need to hand in a completed referral form. Preference for Cambridge residents but it is not an absolute. Hours of operation: Monday 8.30 - 8 pm. Tuesday, Wednesday, Thursday 8.30 - 5 pm. Friday 8.30 - 12 pm. Types of services: Case management, housing search, debt relief, and access to licensed social worker, resident advisor, and budgeting advisor.

Umoja Men's Transitional Program  (617-547-3400, Jack Marani) Salvation Army, 402 Mass. Ave, Cambridge. Individual walk in program (or call in) for substance abuse help. Offer dry shelter, food pantry, drop in shelter. Hours: 24/7, business hours every day from 9 am to 5 pm. Serve Cambridge, Somerville and Arlington clients. No referral needed. Men only.

St. James Summer Shelter  (857-334-5277) 66 Winthrop St, Cambridge. Must complete application, interview with shelter director, be sober, demonstrate active search for

employment/housing. Mandatory case management. June-August. Application online at <http://www.hcs.harvard.edu/~stjames/prog-application.htm>. Provide resources to transition into permanent housing and employment. Provide permanent bed for duration of stay plus three meals a day. Also case management access, access to job and housing search counselor.

Services for Homeless and Runaway Youth

DCF Child-At-Risk Hotline (1-800-792-5200) 24 hours. Shelter placements of youth under 18 years must be arranged through the Massachusetts Department of Children and Families. Call the hotline for placement. You will be directed to the city office if calling during work hours.

Wayside/ShortStop (617-776-3377) 116-118 North Street, Somerville. A transitional housing program for homeless youth 18-22 years old (cannot have children). Provides social, educational, and pre-vocational services. Clients can be self-referred with evidence of homelessness, but referral is preferred. Fill out intake assessment and referral form first. Preference for Somerville residents. <http://www.waysideyouth.org/shortstop-transitional-housing-co-ed>

Sobriety and Stability Housing Program (SAS) (617-623-6111) 1 Davis Square, Somerville. Provides housing and supportive case management services to homeless young adults ages 18-24 whom have a diagnosed substance abuse disability by licensed provider and have at least 3 months of documented sobriety. Call to complete referral form to get on waitlist. Operated by the Somerville Homeless Coalition.

The Prescott Young Adult Program (781-643-1668) 12 Prescott Street, Arlington. Operated by Wayside. Ages 18 - 25. Offers guidance to recover from emotional distress and behavioral volatility to children who outgrew a traditional residential program or who have never been officially discharged from psychiatric care. Flexible continuum care. Requires referral from Department of Mental Health's East Suburban site office (781-641-8100).


STEPS Young Adult Resource Center (781-646-2826) 12 Prescott Street, Arlington. Operated by Wayside. A resource Center for young adults (ages 18 - 25) who need a safe, supportive environment where they can get help to transition to independent living. Offers regular workshops and events to teach valuable life skills. Call or stop by. No referral needed. <http://www.waysideyouth.org/steps>

Youth Harbors (781- 697- 0788) Guidance Office Room #220 at Somerville High School, 81 Highland Avenue, Somerville. Assists homeless students at Somerville High School,


Full Circle, and S.C.A.L.E. and who are at least 17.5 years old and unaccompanied. Assists in stabilizing youth in their independent life through rental assistance, financial literacy, securing employment or better employment, and overall preparation for successful independent life. Referrals from school counselors or other guidance counselors in school system, other agencies, or self-referred.

Daytime Drop-In Programs

**Hours may vary by season, so call the individual program for exact information:*

Bridge Over Troubled Waters  (617-423-9575) 47 West St., Boston. Provides a wide range of services to **Youth and Young Adults (age 14-25)** who are homeless or at-risk of becoming homeless. Offered to clients who have survived abuse and violence; provides help healing mentally, emotionally, physically, and spiritually. Guests receive help to become empowered to make decisions that lead to healthy lifestyles. Guests can obtain food, clothing, emergency housing, family intervention, counseling, medical and dental care, substance abuse counseling, case management, transitional day programs, long term residential programs, assistance with education (GED preparation, computer training), and help with employment. <http://www.bridgeotw.org/>. Parents of young children learn to build stronger family-child relationships and healthy development of children. Bridge deploys **street outreach workers** and a **medical van** that stops at two locations: Park Street Station (corner of Park St and Tremont St): Mon.- Fri. 5-6:30pm, and Harvard Square (in front of T-stop): Mon. - Fri. 7pm-9pm. Walk-ins at main office accepted. No referral required and no geographic restrictions. Under 18 must be arranged through MA Department of Social Services. Call the 24 hour DCF Child-at-risk hotline (800-792-5200).

Youth on Fire (617- 661-2508) 1555 Mass. Ave. in the basement of Harvard Epworth Church off Cambridge Common. A drop-in program serving homeless and at-risk **youth** (age 14-24) Offers a common area with books and games, computer access, showers, clothing, laundry, storage space, counseling services, case management, skill etc.. Open Mon. 11-8pm, Tues. 1-6, and Wed.-Fri. 11-6pm to 10 pm. Meals are served Mon., Wed., and Fri from 1:30-3:00. Snacks are available at all drop-in times. Services by appointment on Tues and Thurs. Hot meals served 2:30-5:30 when program is open. Not wheelchair accessible. No geographic restrictions and by appointment. http://www.ccaa.org/youth_on_fire.html www.aac.org/about

Boston GLASS Community Center  (617-266-3349) 93 Mass. Ave., Third Floor, Boston. A drop-in program for GLBT and questioning Youth and **Young Adults (age 13-25)**. GLASS offers a community space for socializing, a kitchen, TV and computer access, counseling, support groups, HIV testing and counseling, etc.. The building is across from

the Hynes Convention Center T stop and accessible via the #1 Bus and Green Line. Open Mon.-Thurs. 3-8pm, and Fri 3-5pm, earlier by appointment.
<<http://www.jri.org/glass/index.php>>

The Salvation Army ♿ (617-547-3400 and 617-945-9741) 402 Mass Ave., Cambridge. Operates a drop-in weekdays 8:30-3:45pm, Saturdays 11:30-1pm, and Sundays 1:30-3pm. Daily lunch and a spread of other food, showers, laundry facilities, and clothing. Staff social workers are available to help with referrals. Tues. & Thurs. NA meetings (11am). Note: The Salvation Army's drop-in is ♿ accessible, but their women's bathrooms are not. No geographical restrictions, no referrals needed.


Ruby Rogers ♿ (617-625-9933) 64 Union Sq., Somerville. Open Everyday of the week 11am-5pm. The Drop-in center is member-governed and provides help and services to low income clients with various physical and/ or mental disabilities. Self-help, socializing and advocacy available and also healthy meal programs, computer classes, job readiness, housing searches, karaoke, arts and crafts and support groups. Referrals depend on type of case. No geographical restrictions. www.rubyrogers.org

Cambridge/Somerville Recovery Learning Center (617-863-5388) 35 Medford Street, Suite 201, Somerville 02143. Part of Vinfen but run entirely by and for persons with psychiatric conditions to promote and support educational and vocational goals.

On The Rise's Safe Haven ♿ (617-497-7968) 341 Broadway, Cambridge. Works with **women** who are homeless and need a level of support that other programs may not be able to provide. The Safe Haven is a place where women can meet basic nutritional, hygiene and safety needs while receiving flexible support to begin addressing issues related to trauma, addiction, mental & physical health, domestic & sexual violence, disabilities, immigration, legal problems and poverty. OTR is not a general drop-in program and women must meet with an advocate for an informal intake to determine whether OTR is the right fit. Open Mon.-Tues. 8-2pm, Wed. 8-4pm, Thurs. 8-2pm, Fri. 8-4, and Sat 8-2 (*excluding the first Saturday of the month*). No geographic restrictions.
<http://www.ontherise.org/what-we-offer/>

The Women's Center ♿ (617-354-6394) Helpline: (617-354-8807) 46 Pleasant Street, Cambridge (near Central Square). A place where **women** can obtain information, referrals, and emotional support from staff and volunteers. This organization also provides sewing classes, support, relaxation, computer literacy, poetry and more services based on needs and volunteers and interns available. Clients have access to brochures, monthly printed info about programs, services, events, jobs, health issues, etc. They obtain low cost therapy from interns if available and/or participate in issue-specific or

general support groups. Open Mon.-Fri. 10 am-8pm, and Sat. 10am-3pm. No geographic restrictions, no referrals needed. www.cambridgewomenscenter.org/


AIDS Action Committee  (617- 661-3040) 359 Green Street, Cambridge (located just off Mass. Ave. near Central Sq). AAC runs a drop-in program for **HIV-positive clients persons**, with peer-led support groups; free clothing and hygiene supplies; coffee and refreshments; movies and games; internet and telephone access. Clients come in via self-referral or medical (clinical) referral. Open weekdays 9am-5pm. This program also has steady clients. Steady clients also receive medical guidance, case management, housing search and needs based guidance. To qualify for this, they need to bring in copies of the medical diagnosis, proof of income <http://www.aac.org/about/our-work.peer-support.html>

Street Outreach

CASPAR's First Step Street Outreach Team (617-592-6895). First Step staff engages homeless people where they are and builds trusting relationships. The goal is to promote human dignity and connect people with the services they need and save a life today so that recovery is possible tomorrow. Through a combination of foot teams and mobile teams in vans, staff travel to known Cambridge and Somerville (and other local communities') homeless hangouts — business districts, subway stations, parks, meal programs, drop-in centers, and building doorways — seeking homeless men and women who may need help. The staff, among other things, offer unsheltered individuals referrals to emergency medical and psychiatric care, meal programs, shelters, substance abuse treatment, and daytime drop-in and social service centers. Operates on weekdays from 8am to midnight. Serves Cambridge and Somerville. No referrals needed.
<<http://www.casparinc.org/>>

Streetlight Ministries Outreach (857-891-7799) Operates Wednesday nights 8:00-9:30 in Harvard Sq., Cambridge and Porter Sq., Cambridge provides warm food, beverages, clothing and counsel. Worship service also available.


The Outdoor Church (978-456-0047) Sundays: Porter Square T stop (9am), Cambridge Common near Christ Church (1pm), offers Sunday services, food/drink, clothing, referrals every week.

Bridge Over Troubled Waters  (617-423-9575) Bridge deploys street outreach workers and a medical van that stops at two locations: Park Street Station (corner of Park St and Tremont St): Mon.- Fri. 5-6:30pm, and Harvard Square (in front of T-stop): Mon. - Fri. 7pm-8:30pm. Provides drinks, essential items, and usually has a nurse.


For **Arlington** emergency services, contact the Arlington Police Department, Captain Jim Curran (781-316-3925) or the mental health clinician Rebecca Tsopelas RTsopelas@town.arlington.ma.us office (781-316-3947).


Food Services

Community Meals:


The Friday Night Supper Program  (617-536-7050 ext 22) 351 Boylston St., Boston.


Website: <<http://www.ascboston.org/programs/cmtes-grps/fnsp.html>>. This program serves around 150 meals every Friday to Boston's most vulnerable citizens, those who face a constant struggle for basic nourishment, understanding and friendship. The program provides fresh food with nutritional value and food for body and soul as well through dignity and respect. Doors are open to anyone who faces coping with problems like AIDS, mental illness, substance abuse, people who are elderly and/ or disabled, homeless, jobless, minimally employed, living below poverty level. E-mail: info@fridaynightsupper.org Public Transit: Arlington (Green Line) Serves dinner Friday 5-7:30pm.

Harvard Square Churches Meal Program  (617-876-0200) Zero Garden St., Cambridge MA 02138. Website: <www.cccambridge.org> This is a service from ten churches in Harvard Square. Serves a nutritious dinner to anyone who needs a meal every Thursday at 6pm. The organization encourages interaction between volunteers and guests. No geographic restrictions, no referrals needed. Public Transit: Harvard Sq. (Red Line). Free of cost.

Church of the Advent Tuesday Meal Program  (617-523-2377) 30 Brimmer St., Boston 02108. Website: www.theadventboston.org. Serves a nourishing meal each Tuesday and companionship in a friendly and safe environment. No referrals needed, no geographic restrictions. Public Transit: Charles/MGH St. (Red Line) Serves dinner Tuesday at 5:30pm.

Faith Kitchen, Faith Lutheran Church (617-354-0414) 311 Broadway, Cambridge. Website: <http://faithkitchen.org>. Public Transit: Central Sq. (Red Line) Serves dinner the second and last Tuesdays of each month at 6:30pm. Free of cost.

First Parish Unitarian Church  (617-876-7772) 3 Church St., Cambridge. Public Transit: Harvard Sq. (Red Line) Serves dinner Tuesday at 5:30pm.

Good Food, Good Friends  (617-491-7986) St. James Church, 1991 Massachusetts Ave., Cambridge. Website: <http://www.stjamescambridge.org/womens-meal> Public Transit: Porter Sq. (Red Line). Women only. Serves dinner Thursday at 4:30pm. Free of cost.

Loaves and Fishes Meals Program (617-497-7277) First Korean Church, 35 Magazine St., Cambridge. Public Transit: Central Sq. (Red Line). Serves dinner Saturday at 5:30pm.

Mass Ave. Baptist Church 🚻 (617-868-4853) 146 Hampshire St., Cambridge. Public Transit: From Davis Sq., take bus 83 Central Sq. via Porter Sq. Serves dinner Monday at 6pm, and Friday at 6pm.

North Cambridge Senior Center 🚻 (617-349-6320) 2050 Mass Ave., Cambridge. Public Transit: From Davis Sq., take bus 83 Central Sq. via Porter Sq. Seniors only, must bring photo ID Serves lunch Mon-Fri 11:30-12:30pm.

Project SOUP 🚻 (617-776-7687) First Congregational Church of Somerville, 89 College Ave, Somerville. Website: www.shcinc.org. E-mail: projectsoup@shcinc.org. Public Transit: Davis Sq. Serves dinner Mondays at 5pm-6pm (except holidays).

Rosie's Place 🚻 (617-442-9322) 889 Harrison Ave., Boston. Public Transit: From Park St., take Silver Line SL5 toward Dudley Station. Women only. Serves two meals daily- breakfast 8:30-11am, and dinner 4-7pm.

Salvation Army 🚻 (617-547-3400) 402 Mass. Ave., Cambridge. Public Transit: Central Sq. (Red Line) Serves dinner Wednesday at 5pm; lunch weekdays at noon, Sat at 11:30, Sun at 1:30.

St. Francis House 🚻 (617-542-4211) 39 Boylston St., Boston. Website: www.stfrancishouse.org E-mail: elund@stfrancishouse.org. Public Transit: Park St. (Red Line) Serves two meals daily- breakfast 7:30-9am, and lunch 11:30-1pm.

St. Peter's Episcopal Church 🚻 (617-547-7788) 15 Sellers Street, Cambridge. Public Transit: Central Sq. (Red Line) Serves dinner every second and fourth Saturday of the month from September through June. Guests are invited to help prepare food from 3-5pm.

Somerville Community Baptist Church- Hearty Meals for All 🚻 (617-800-4157) 31 College Ave., Somerville. Website: <http://www.heartymealsforall.org/>. Public Transit: Davis Sq. Serves dinner the second Friday of each month at 6:30pm.

Somerville Council on Aging 🚻 *seniors only, must bring photo ID*

- **Holland Street Center:** (617-625-6600 x2300) 167 Holland Street, Somerville. Lunch: Mon-Fri at 11:30 am.
- **Cross Street Center:** (617-625-6600 x2335) 165 Broadway, Somerville. Lunch: Tues, Thurs, Fri at 11:30 am.


- **Ralph & Jenny Center:** (617-666-5223) 9 New Washington Street, Somerville. Lunch: Mon-Thurs at 11:30 am.


Union Baptist Church (617-864-6885) 874 Main St., Cambridge. Public Transit: Central Sq. Serves dinner Thursday at 5pm.

Women's Lunch Place (617-267-1722) 67 Newbury St., Boston. Website: womenslunchplace.org E-mail: info@womenslunchplace.org. Public Transit: Arlington (Green Line) Women only. Serves two meals daily- breakfast 8-11am, and lunch 12-2pm.

Food Pantries


Often, it is a good idea to call ahead to confirm hours of operation and access requirements (such as a photo ID)


Project SOUP  (617-776-7687) 15 Franklin St., East Somerville. Website: <http://www.shcinc.org>. Hours: Mon. 10-2pm; Tues. 9-3pm; Wed. 11-4pm; Thurs. 12-4pm; Fri. 9-3pm; Sat. 9-noon. Public Transit: From Davis Sq., take bus 89 (Sullivan Station via Broadway).

Helping Hand Food Pantry  (617-547-4070) St. James Church, 1991 Mass Ave., Cambridge Website: <http://www.stjames-cambridge.org/helping-hand-food-pantry> Hours: Tues 6 - 8pm; Thurs 11-1pm; Sat 10-noon. Public Transit: Porter Sq. Arlington families may use once per month. 617-876-4381 for location.

Margaret Fuller House Food Pantry (617-574-4680 x 227) 71 Cherry St., Cambridge. Website: www.margaretfullerhouse.org. Hours: Wed 5-7:30pm; Thurs 2-5 pm; Fri and Sat 9-noon. Public Transit: Central Sq.

Catholic Charities Food Pantry (617-625-1920) 270 Washington Ave., Somerville Website: http://www.ccab.org/cc_somerville.html. Hours: Mon-Thurs 10-4pm; Fri 10-1pm. Public Transit: From Davis Sq. take Bus 87: Lechmere St. via Davis Sq.


Elizabeth Peabody Food Pantry  (617-623-5510) 277 Broadway, Somerville Website: http://www.elizabethpeabodyhouse.org/food_pantry.html. Hours: Wed-Thurs 5:30-7:30pm. Public Transit: Bus 89 (Sullivan St. via Broadway).

East End House  (617-876-4444) 105 Spring St., Cambridge. Website: <http://www.eastendhouse.org/programs.html>. Hours: Tues 9-2pm; Fri 9-noon. Public Transit: Bus 88: Lechmere St. via Highland. Bring referral from doctor/clergy/social worker/etc. on first visit.


Somerville Homeless Coalition (617-623-6111) 1 Davis Sq., Basement Somerville (entrance on Dover St.; same building as CVS and Boston Sports Club). Website: www.shcinc.org
Hours: Mon-Fri 9-5pm. Emergency pantry only.

St. Francis of Assisi (Friends of Francis)  (781-396-3400) 441 Fellsway West, Medford.
Website: <http://www.stfrancismedford.com/parish.asp> Hours: Thurs 3-4:30pm. Public Transit: From Davis Sq., take bus 96: Medford Square via Davis Square. Bring ID and household bill on first visit.


Unitarian Universalist Church (781-396-4549) 147 High St., Medford. Website:
<http://www.uumedford.org/pantry.html>. E-mail: webinfo@uumedford.org. Hours: Thurs 6-7:30pm. Public Transit: From Davis Sq., take bus 96: Medford Square via Davis Square.


Zinberg Clinic Pantry  (617-665-1606) 1493 Cambridge Street, Cambridge Website:
<http://www.cha.harvard.edu/locations/zinberg.shtml> Hours: Mon-Fri 8:30-5pm. Public Transit: From Davis Sq., take bus 83: Central Sq. via Porter Sq. The Zinberg Clinic is an HIV clinic operated by Cambridge Health Alliance. Although their food pantry is used mainly by patients, it is open to anyone.

Pentecostal Tabernacle (617-661-0222) 77 Columbia St., Cambridge. Website:
<http://www.ptspice.org/directions>. Hours: Sat 8:30-1:30pm. Public transit: Central Sq.

St. Peter's Episcopal Church  (617-547-7788) 838 Mass. Ave., Cambridge Website:
<http://www.saintpeterscambridge.org/mission/commonCare>. Hours: Sept.-June, 5-6pm on the second and fourth Sat of each month. Public Transit: Central Sq.

Cambridgeport Baptist Church - The Harvest (617-576-6779) 459 Putnam Ave., Cambridge
Website: <http://www.cambridgeportbaptist.org>. Hours: 9:30-11:30pm on the first and third Sat of each month (come early!). Public Transit: Central Sq.

Mass. Ave Baptist Church - Project Manna  (617-868-4853) 146 Hampshire St., Cambridge
Website: <http://www.massavebaptistchurch.com>. Hours: 8am on the fourth Saturday of each month (come early!). Public Transit: Central Sq.

Arlington Food Pantry  (781-316-3400) 117 Broadway, Arlington. Hours: 9:00 am – 10:30 am and 5:30pm-7:00pm every Wednesday and last Saturday of the month from 9:30am-11:00am. Must be Arlington resident (proof required) and limited to one time each Wednesday (am OR pm) and the last Saturday of the month. Public Transit: Route 87 bus (Mass Avenue)

Call Ahead Sites:

Salvation Army (617-547-3400) 402 Mass Ave., Cambridge. Hours: Call ahead. Public Transit: Central Sq. Food assistance available every day until 3:00 by appointment.

St. Anne's Parish (617-625-1904) 50 Thurston St., Somerville. Website: <http://www.stannsomerville.org/> Hours: Call ahead. Public transit: From Davis Sq., take bus 89: Sullivan St. via Broadway.

\$2-a-Bag Program (617-288-6185) Website: <http://www.fairfoods.org/dollarbag>. Run by Fair Foods Inc. For a donation of two dollars, families can get about 15 pounds worth of groceries at any Fair Foods site. **Locations:**

- **St. Paul RC Church**
Address: 29 Mt. Auburn St., Cambridge
Hours: Sat 10-11am

- **Cobble Hill Apartments**
Address: 84 Washington St., Somerville (back parking lot)
Hours: Every other Wed, 11:30-1pm

- **Mt. Pleasant Apartments**
Address: 7 Perkins St., Somerville (off Broadway)
Hours: Every other Wed, 2-3pm

Center for the Arts at the Armory (617-628-2601 x3172) Website: www.artsatthearmory.org. 191 Highland Avenue, Suite 1-A, Somerville. Hours: Once monthly: Tuesday, 10:30am-12pm. Brown bag distribution, focused on Seniors (over 60) and persons with disabilities. Must pre-register.

Clarendon Hill Towers (617-625-7150) 1372 Broadway, Administration Building, Somerville. Once monthly, Saturday, 9-10am. Mobile style distribution of assorted foods. Must pre-register and bring reusable grocery bags, baskets or a cart to carry food.

SNAP - Supplemental Nutritional Assistance Program (formerly known as Food Stamps)

Applications: (617-551-1700) Fill out an application online here: <http://www.mass.gov/snap> or at www.gettingsnap.org or go to the Department of Transitional Assistance located at 80 Everett Avenue, 3rd Floor, Chelsea, MA or ask one of the following agencies to assist.

For assistance in completing the application:

Project Bread's Food Source Hotline (1-800-645-8333) Monday through Friday, 8am - 7pm, or Saturday, 10am-2pm, or visit their website at <http://www.gettingfoodstamps.org/index2.htm>.

WIC- Women, Infants and Children Nutrition Program

The WIC program provides nutrition education, breastfeeding promotion and support, referrals to community health care services, and nutritious foods tailored to supplement the dietary needs of our participants. Services are provided to pregnant, lactating, and postpartum women, and to infants and children up to age five. To apply, make an appointment at the local WIC office:

- **Windsor St Health Center:**
119 Windsor St.
Cambridge, MA 02139
(617-665-3600)

- **Cambridge/Somerville WIC Program-North Cambridge**
266 Rindge Ave
Cambridge, MA 02140
(617-575-5370)

- **Arlington location:**
7 Central Street
Arlington, MA 02474
(781- 646-2032)

Services for Veterans

The City of Somerville's Veterans' Services Department (617-625-6600 ext 4700)

Somerville City Hall Annex, 50 Evergreen Avenue, Somerville. Mon-Fri 8:30-4:30pm. Can help eligible wartime veterans and their dependents access state and federal benefits. (Eligible periods of military service may include WWII, Korea, Vietnam, and the Persian Gulf conflict which is considered by Congress to include any time from 1990 to the

present.) Eligibility guidelines vary benefit to benefit. DVS staff can assist veterans and/or their dependents in accessing:


- Emergency cash assistance for food, clothing, shelter, utilities, personal needs, insurance, telephone, and transportation
- Service-related and non-service-related disability pensions
- A small monthly stipend (\$155/month) available to persons with a work history who are in job training or in a rehabilitation program for substance abuse or mental illness
- Inpatient and outpatient health care
- Education benefits
- Job training and vocational rehabilitation – Disabled veterans (homeless or not) may be eligible for the Vet Tech program (see below for more information)
- Survivor and/or burial benefits

The Town Of Arlington’s Veterans’ Services Department (781-316-3166) Town Hall Annex, 730 Mass. Avenue, 3rd Floor, Arlington. Services similar to those listed above.

Volunteers of America (617-627-9712 ext. 181 and 182), 2 North Street, Somerville. Multiple programs including assisting Somerville and Arlington veterans at risk of losing their current housing or in need of a permanent residence (including housing search and funds for rental arrears) and assisting homeless Somerville and Arlington veterans with job placement and referrals for job training.


Veterans, Inc. (800-482-2565, option # 2) 89 South Street, Boston. Operates the Supportive Services for Veterans Program for low income veterans at risk of losing housing or homeless. Services include intense short-term case management, temporary financial assistance, and referral assistance.

Shelter Legal Services (now known as Veterans Legal Services) (617-552-0623). Provides free (civil) legal assistance to veterans in cooperation with area homeless shelters and service centers (including Chelsea Soldier’s Home, New England Center for Homeless Veterans, and Cambridge Multi-Service Center).

The New England Shelter For Homeless Veterans  (617-371-1800) 17 Court St., Boston. offers a range of services for homeless veterans, including emergency and extended stay shelter, meals, case management, assistance accessing public benefits (e.g., SSI) and Veterans Benefits (see list), legal assistance, eyeglasses, dental care, transitional and permanent housing, and employment. Shelter staff also facilitate access to substance abuse treatment and lead groups for veterans with PTSD (post-traumatic stress disorder).

Vet Tech Program (617-371-1785) which offers free job training and placement support in culinary arts, commercial driving, computer office applications, computer support, security guard (6 weeks including a paid internship).

Veteran's Services at Pine Street Inn (617-541-8651) 2304 Washington Street in Roxbury's Dudley Square. Receive counseling from Veterans' Services by calling or dropping by office, Monday through Friday, 9 am – 5 pm. Drop-ins are also welcome at a handicap-accessible location, 434 Harrison Avenue in the South End, Tuesdays and Wednesdays, 9 am – 2 pm.

U.S. Veterans Administration medical facilities (all ) provide honorably discharged veterans with free health and mental health care and dental care associated with a service-related dental problem. To find the VA Medical Center serving your area, call the VA (toll-free) at 1-877-222-8387, or go to <http://www.va.gov/>

The sites closest to Arlington and Somerville are:

- **V.A. Outpatient Clinic** (617-248-1000) 251 Causeway St., Boston
www.boston.va.gov
- **Boston Vet Center** (617-424-0665) 665 Beacon St. Suite 100, Boston
- **V.A. Medical Center** (617-232-9500) 150 South Huntington St., Boston
www.boston.va.gov
- **V.A. Hospital** (781-275-7500) 200 Spring Rd., Bedford www.bedford.va.gov
- **Homeless Veterans Dental Program** (617-631-6197) Contact Ann Nguyen
Ann.nguyen8@va.gov

Emergency Money for Homelessness Prevention

The following agencies provide funds for up-front costs (e.g. security deposit, last month's rent, moving costs) and/or for rental or occasionally utility arrears to prevent homelessness. Each fund has different income and other eligibility requirements that change over time. Unless otherwise noted, the agencies serve both Arlington and Somerville residents.

Somerville Homeless Coalition (617-623-6111) 1 Davis Square, Somerville. Administers homeless prevention and re-housing funds predominantly for *Somerville* residents (with limited funds for *Arlington* residents). Can potentially assist with rental arrears, utility arrears, lease-up costs (first month's rent, last month's rent, security deposit, moving costs) and (if homeless) limited re-housing financial assistance. Income limits range from

30% to 60% of Area Median Income. Call to request application.
www.shcinc.org. Mon-Fri 9am-5pm

Housing Corporation of Arlington (781-859-5294) 252 Massachusetts Ave, Arlington. Administers Homelessness Prevention Fund (private donations) for Arlington residents (or those moving to Arlington). Can assist with rental arrears and lease-up costs for those with income at/below 80% of Area Median Income.

Catholic Charities (617-625-1920) 270 Washington St., Somerville. Administers funds for rental and utility arrears.

Metro Housing Boston (formerly Metropolitan Boston Housing Partnership) (617-425-6700) 1411 Tremont St. Boston 02120 Administers the Residential Assistance for Families in Transition (RAFT) funds of up to \$4000 for low income families with at least one child under age 21 years and who are either homeless (and moving into housing) or at risk of homeless (and have court summary process complaint). Limited funds for those w/o child. Generally must have income below 50% Area Median Income.
<https://www.metrohousingboston.org/>

Family to Family (617-624-3837) 727 Atlantic St. Boston. A non-profit organization that provides grants to help families with at least one child age 18 or under (at risk of homelessness) secure or remain in housing. Must access through a partner agency (like Somerville Homeless Coalition) www.ftfp.org

Lend a Hand Society (617-338-5301) 89 South St., Suite 203, Boston. Provides emergency grants to individuals or families through established social service agencies. Grants are made on a one-time basis per individual or family.

Widow's Trust Fund (781-316-3170) Christine Bongiorno, Director of Health and Human Services, Town of Arlington. For income eligible Arlington residents who are widows. Primarily used for health needs (e.g. wheelchairs, hearing aids, dentures), basic life necessities, and one time or short term needs.

The United Way's First Call for Help (1-800-231-4377) (Mass 211) Directs homeless people to sources of small cash grants or loans to cover emergency needs.

Assistance with Utility Bills:

State Fuel Assistance (also known as **Low Income Home Energy Assistance Program** or **LIHEAP**). A government program that helps low income families and individuals pay their heating bills during the winter (Nov 1 – April 30). Renters may receive fuel assistance even if their heat is included in the rent.

- **Arlington residents:**
Community Teamwork Program
45 Kirk Street, 2nd Floor
Lowell, MA 01852
978-459-6161
- **Somerville residents:**
51 Inman Street, Basement
Cambridge, MA 02139
617- 349-6252

Housing Search Services

Passages Case Management (617-623-6111) Somerville Homeless Coalition, 1 Davis Square, Somerville. Provides housing focused case management services for Somerville and Arlington residents whom are homeless or at imminent risk of homelessness. Mon-Fri 9am-5pm

MBHP Housing Consumer Education Center (617-425-6700) offers services to educate and assist tenants, with a drop-in computer and resource center, workshops and one-on-one meetings with staff members, and referrals to numerous other organizations. All programs are free and open to the public. Find out more at: <http://www.mbhp.org/>
Hours: M-F 8:45 - 5:00

For those with **tenant-based Section 8 housing choice vouchers**, here are some websites which list available apartments advertised by landlords accepting Section 8 vouchers:

- Cambridge-Housing.org
- SHA-web.org
- MBHP.org

Used Furniture and/or Household Goods

(need agency referral unless otherwise noted)

Mass. Coalition for the Homeless' Furniture Bank (781-595-7570 x11) 15 Bubier Street, Lynn. Free furniture for people moving out of homelessness. Customers must take selected furniture with them (trucking help is available from Solutions at Work).

Mission of Deeds (781-944-9797) 6 Chapin Avenue, Reading.

Household Goods Recycling of Mass. (978-635-1710) 530 Main Street, Acton.

American Friends Service Committee's Material Assistance Program (617-876-5312) 6 Longfellow Park, Cambridge 02138. Small household goods (kitchen appliances, linens, clothing). No furniture.

Project Just Because (508-435-6511) 86 South Street, Hopkinton. Furniture, appliances, clothing for all ages. Pickups are done by appointment. No referral necessary.

My Brother's Keeper (508-238-7512) Only provides holiday assistance (presents, etc.) for Somerville. No furniture. Clients can call 508-238-2562 for holiday assistance from September – December.

Hospital Equipment Loan Program H.E.L.P (781-322-1052) 500 West Cummings Park, Suite 1150, Washington St, Woburn. Open Saturday mornings 9:00 - noon for free used medical equipment. No referral necessary – can drop in.

Permanent Affordable Housing

To apply, please contact each provider at the address or phone number listed below and request an application. There are generally long waiting lists and some lists may be closed for new applicants.

Somerville Housing Authority (617-625-1152) 30 Memorial Road, Somerville. Provides public housing apartments for low income elderly, disabled, single persons, and families and provides rental subsidies (primarily Section 8) for same. There is a long waiting list for all its housing programs. To apply, visit the Somerville Housing Authority office or download applications on line at www.sha-web.org. Hours: Monday – Wednesday 8:00 AM - 4:00 PM, Thursday 8:00 AM - 7:00 PM, Friday 8:00 AM – 12:00 noon.

Somerville Homeless Coalition (617-623-6111) One Davis Square, Somerville. Operates permanent supportive housing programs for formerly homeless individuals and families. Priority given to chronically homeless individuals and families. Must have

diagnosed disability (mental health, physical health, substance abuse, etc.) by licensed provider. Please call to request application. www.shcinc.org. Monday-Friday, 9am-5pm.

Heading Home (617-864-8140) The Schrafft Center, 529 Main Street, Suite 100, Charlestown, MA 02129. Operates Better Homes III which provides rental subsidy and case management for chronically homeless disabled individuals. Also operates Stepping Stones which provides rental subsidy and case management to medically compromised chronically homeless individuals.

WinnResidential (617-591-0577) manages rental housing owned by Somerville Community Corporation at various locations throughout Somerville. Mostly 1-3 bedrooms and a rooming house. Some designated for formerly homeless

Volunteers of America: (617- 627-9712, extension 181 and 182) 2 North Street, Somerville. 7 permanent housing units for veterans (4 one bedroom and 3 studio units).

Clarendon Hill Towers (617-625-7150), 1372 Broadway, Somerville. 501 apartments (1-3 bedrooms) many of which have a Section 8 tied to the apartment. Residents pay 30% of income for rent (including all utilities)

Cobble Hill Apartments (617-625-8920), 84 Washington Street, Somerville. 224 apartments (1-2 bedroom) mostly for elderly/disabled and some for families. Tenants pay 30% of income for rent.

Kent Street Apartments (617-628-0499), 32-38 Kent Street, Somerville. 40 Apartments (studio – 3 bedrooms). Below market rents but not subsidized.

B.F. Faulkner Tower (617-628-2119), 25 Highland Avenue, Somerville.130 apartments (1 and 2 bedrooms) for elderly and disabled. Tenants pay 30% of income for rent.

Mt. Pleasant Apts (617-623-5810), 70 Perkins Street, Somerville. 65 apartments (1 and 2 bedrooms) for elderly and disabled. Tenants pay 30% of income for rent.

Pearl Street Apts (617-625-8780), 240 Pearl Street, Somerville. 85 one bedroom apartments for elderly and disabled. Tenants pay 30% of income for rent.

Arlington Housing Authority (781-646-3400) 4 Winslow Street, Arlington. Provides public housing for low income elderly, disabled, and families and provides rental assistance (primarily Section 8) for same. Tenants generally pay 30% of income for rent. There is a long waiting list for all housing programs. To apply, visit the Arlington Housing Authority office. M - F 9:00 – 4:30.

Housing Corporation of Arlington (781-859-5294) 252 Massachusetts Ave, Arlington. Owns and operates about 90 apartments (ranging from studios to 4 bedrooms) at below market rents or for those with their own rental subsidy.

Caritas Communities (781-843-1242) owns and operates two rooming houses (12 Russell Terrace and 22 Fessenden Road, Arlington) some of which are affordable to low income tenants.


Millbrook Square Apartments (781-641-1410), 17 Mill Street, Arlington. Affordable housing for low income elderly (at least 62) and disabled, where tenants pay 30% of their income for rent.


Mission: Housed (617-624-5354) Project manager: Alice Colegrove. Provides rental subsidies and clinical case management and peer support services for chronically homeless individuals with co-occurring substance abuse and mental health disorders. Three year program (October 2013 – September 2016). For Somerville (and Cambridge and Boston) residents only.


*Other: Both Arlington and Somerville have **zoning ordinances** which require a certain number of new rental units to be affordable to lower income tenants (or those with a rental subsidy like Section 8). Generally, publicly advertised lotteries are used to establish the initial waiting list. To apply for the turnover units in Somerville, contact Ithzel Polanco-Cabadas (at 617-625-6600 extension 2586) <https://www.somervillema.gov/departments/programs/inclusionary-housing-program/#tab/2> to be placed on the list serve to receive notice of the lotteries for the vacant units upon turnover. For turnover units in Arlington, apply at the management office of the individual sites and contact Jenny Raitt at 781-316-3091 for those sites.*


Free and Low Cost Access to Computers


The following places offer people who are homeless options for using computers or enhancing their existing computer skills. This resource is very helpful for individuals searching for housing and jobs.


Solutions at Work  (617-492-0300) Contact Adam Frost 617-325-9526 adamfrost@computerCareandLearning.com Offers homeless persons free access to online computers (individualized instruction and support available by appointment) Wednesdays 3:30pm-7:30pm in the basement of Old Cambridge Baptist Church at 1151 Mass. Ave near Harvard Square.

Somerville Public Library  (617-623-5000) Central Library at 79 Highland Ave., Somerville. All of the branches have computers that library cardholders can use at no charge to access the Internet or to word process resumes, letters, and other documents. There is a fee of 15 cents per page to print. Mon-Thurs 9am – 9pm; Fri 9am – 6pm; Sat 9am – 5pm and Sun. 1 – 5pm (closed Sunday for the summer).

Cambridge Public Library  All of the branch libraries have computers which library card holders can use at no charge to access the Internet or to word process resumes, letters, and other documents. **The Central Square Library** (As of 10/21/13 closed for the construction/installation of a new elevator) (617-349-4010) 45 Pearl St., Cambridge, has a computer lab with open access hours Mon-Fri: 10am-5:45pm; Sat: 10am-1:45pm (closed Sunday during the summer).


Arlington Public Library  **Robbins Public Library** (781-316-3200) 700 Mass. Ave, Arlington. Free computers for library cardholders but use is limited 30 min due to high demand. Mon-Wed 9am – 9pm; Thurs 1pm – 9pm; 9am – 5pm; Sat (Sept-June) 9am – 5pm; Sun (Oct – May) 2 pm – 5pm. **Edith M. Fox Branch Library** (781-316-3198) 175 Mass Ave., Arlington. The Fox Branch has 4 Internet workstations available for public use by sign-up. Wireless access is available on the first floor. Tues, Wed, Fri 9am – 5pm; Wed 12pm – 8pm.


CCTV  (617-661-6900) 438 Mass. Ave. (Central Square) Cambridge. Maintains a computer lab with free access to the public on Sunday 4-5:30pm and Tuesday 3-5:45pm. Other days, the cost for access to computers is \$5. For those over 50 years old, there are computer classes on Mondays from 1-3pm. On Wednesdays instructions are provided in Spanish for Spanish speakers.

The Women’s Center  (617-354-6394) 46 Pleasant St., Cambridge. Offers support and a range of services for women. The center has computers that are available on a first come/first serve basis. Sign-in for computer usage is on the first floor and covers a one-hour block of time. If no one is waiting to use a computer, that time may be extended until another woman arrives. Lab hours are M-F 10am-7:45pm, Saturdays 10am – 2:45pm.

Education


These resources do not exclusively serve persons who are homeless.

Mass. Rehabilitation Commission (MRC)  (617-776-2662) 5 Middlesex Avenue, 3rd Floor, Somerville. Education and job training for persons with documented disabilities – assistance in acquiring services is advisable. Clients must reside in Massachusetts and be eligible to work in the United States. At present (2013), MRC has a 3 month waiting list for services. Case Managers with clients that have a documentable disability should consider contacting Health Care for the Homeless (617-591-6765) 230 Highland Ave. Somerville, MA 02143.


SCALE  (Somerville Center for Adult Learning Experiences) (617-625-6600 x 6900) 167 Holland St., Somerville. Provides classes and support services to adult students (16 years and older), who need basic reading, writing and math skills, English instruction for non-native speakers, or a high-school credential. SCALE supports a state-of-the art computer lab, literacy classes, and a GED Test Center. Most classes are free; fees are charged for GED (Graduate Equivalency Diploma) testing and the ADP (Adult Diploma Program). For more information visit our website www.somerville.k12.ma.us/scale, call 617 629-5500, or stop by.

Employment

*Starred (**) resources do not exclusively serve persons who are homeless*

The Moving Ahead Program (MAP)  (617-654-1257), St. Francis House, 39 Boylston St., Boston. A 14-week program (Mon-Fri 9AM-3PM) focusing on recovery and renewal for persons whose lives have been disrupted by substance abuse, incarceration, mental illness and homelessness. Participants are assisted with life skills, work readiness, "workplace literacy," and job search activities. Applications for both programs are available by phone 617-542-4211 or in-person.


Spare Change (617-497-1064) 1151 Mass Ave., Cambridge. This is an independent newspaper written and distributed by homeless and formerly homeless persons and low-income. Homeless persons seeking employment as vendors or wishing to submit an article (for which they can receive a modest payment).


Cambridge Somerville Recovery Learning Center ******  (617-863-5388) 35 Medford Street, 2nd floor Suite 201, Somerville. A drop-in center that provides GED prep, computer classes, money management classes, health and wellness, stress management, employment services *for those with a psychiatric condition*. Visit www.metrobostonrlc.org to learn more.


The Career Source ****** (617-661-7867) 186 Alewife Brook Parkway, Cambridge. Provides employment resources, including free workshops and free access to computers, phones, copying, and fax machines, as well as an employment resource room for primarily self-directed job seekers. Eligible, low-income persons (e.g., families receiving TAFDC) may also be eligible for individualized career counseling support and employment training. Open Monday - Friday 8:30 a.m. - 4:30 p.m. Low-income Adult Program Free Training contact Roxana Menjivar 617-884-4333 rmenjivar@yourcareersource.com

Project Place (617-542-3740) 1145 Washington St., Boston. Provides training and transitional employment programs for homeless and low-income individuals with 90 days of sobriety. There are three different six-month employment programs incorporating skills training,

career-coaching, and up to 30 hours/week employment at \$8/hour. Project Place also offers wrap-around support services, including a 90-day job training internship program, 14 hours/week of classroom time for professional and personal skills development in preparation for job search, and computer training. To access services, call 617-542-3740, extension 23 to set up an intake appointment.

Community Work Services (CWS)**  (617-720-2233) 174 Portland St, near North Station, Boston. Provides comprehensive employment services including: vocational assessment, work readiness and competitive employment training, placement assistance and support and assistance obtaining Massachusetts Rehabilitation Commission (MRC) eligibility. Tours available Wednesdays at 1 PM (no registration required). Must have a case manager referral and 60-day sobriety. Download referral online at <http://www.cwsbos.com/approach.php>. Hours of operation are M-F 8am-4:30pm.

Span, Inc. Pathways to Employment Program  (617-423-0750) 105 Chauncy St., Boston. Offers employment assistance and case management to **ex-offenders only**. Must be within 6 months of release and most recent crime must be nonviolent (Does not apply to those who are HIV positive, as they can obtain services at any time). M, T, Th 8:30am-8pm; W 1-5pm; F 8:30am-5pm.

CASPAR  **GROW house** (617-661-6020) 6 Camelia Ave, Cambridge. Offers one-on-one employment counseling, workshops, cover letter and resume critique, networking groups, program internships, placement assistance and referrals to those in recovery from alcoholism and addiction. Individuals may have little to no employment experience or extensive work histories.

Somerville Community Corporation ** (617-776-5931) 337 Somerville Avenue, 2nd Floor, Somerville www.somervillecdc.org Workforce development and jobs linkage program with the Career Place. Career and employment services coaching through SCC Community Asset Building Program.

Health Care

To Apply for MassHealth (Medicaid):

Don't be intimidated by the paperwork. You can get help applying for MassHealth (see below).

- **For families, pregnant women, and people under age 65:**
Call the MassHealth Customer Service Center at 1-800-841-2900 to get a Medical Benefit Request, OR download a Medical Benefit Request from:
<http://www.mass.gov/Eeohhs2/docs/masshealth/appforms/mbr.pdf> (English)
http://www.mass.gov/Eeohhs2/docs/masshealth/appforms/mbr_spanish.pdf (Español)

- **For people aged 65/older and people of any age who need long-term-care services:** Call the MassHealth Customer Service Center at 1-800-841-2900 to get a MassHealth Application (MHA) for Seniors and People Needing Long-Term Care Services, OR Download the MassHealth Application from:
<http://www.mass.gov/Eeohhs2/docs/masshealth/appforms/smbr.pdf> (English)
http://www.mass.gov/Eeohhs2/docs/masshealth/appforms/smbr_spanish.pdf (Español)

Mail it to MassHealth Enrollment Center Central Processing Unit P.O. Box 290794, Charlestown, MA 02129-0214.

For Help in Applying for MassHealth and Other Low Cost Health Insurance:

Hospitals in Massachusetts should provide help in-person applying for MassHealth or other low-cost health insurance. The closest ones are:

Cambridge Health Alliance (CHA) Financial Assistance: (877-637-2273). Assists patients and community members applying for MassHealth or other low cost health insurance. Call Monday through Thursday 9:00am-11:45am and 1- 4:30pm. Staff members speak English, Spanish, Portuguese, Haitian Creole, and French. Or visit offices at:

- CHA Cambridge Hospital campus, 1493 Cambridge St, Cambridge. Main lobby next to front desk
- CHA Somerville Hospital campus, 230 Highland Avenue, Somerville (Main entrance is on Tower St, sign up at front desk (3rd floor)

Mt. Auburn Hospital (617-492-3500) 330 Mt Auburn St, Cambridge, MA 02138. Assists patients and community members applying for MassHealth or other low cost health insurance.



Health Care for All's HelpLine (1-800-272-4232) is a free resource available to everyone simply by dialing. The HelpLine can answer your questions about health coverage in Massachusetts in English, Spanish, and Portuguese. HelpLine Counselors are available 9am-5pm, Monday through Friday. If you call outside of these hours, leave a message, and they will get back to you the next business day.

General Health Care Services:


Sharewood Project (781-324-8991) St. Paul's Church 26 Washington St. Malden, MA 02148. Free health clinic open to anyone Tuesday nights 6pm-8pm run by medical students and physicians affiliated with Tufts University School of Medicine. Dermatology and dental screenings available first and third Tuesdays. Vision and nutrition screenings available on

second and fourth Tuesdays. Physicals provided for school aged children (under 18) only. No appointments necessary; no health insurance required.

Healthcare for the Homeless The program operates and staffs three outreach sites in Cambridge and Somerville at the Cambridge Salvation Army, the CASPAR Emergency Service Center, and the St. Patrick's Women's Shelter. The CASPAR clinic is for individuals suffering from the disease of addiction who are Shelter clients only. In addition, the staff provides family shelters in Cambridge with health care management services. The staff also conducts inpatient rounds at The Cambridge Hospital for homeless patients and assists inpatient medical teams with discharge planning and treatment plans for homeless patients. Part of Cambridge Health Alliance. Call for varying clinical hours. Clinics are all walk-in, no appointment is needed:

- **St. Patrick's Shelter** (617-628-3015) 270 Washington St., Somerville.
 - Women only
 - Sober
- **Salvation Army**  (617-547-3400) 402 Mass Ave., Cambridge
 - Men only
 - Sober
- **CASPAR Emergency Service Center**  (617-661-0600) 240 Albany St., Cambridge
 - Men and women
 - Must be from Cambridge, Somerville, Arlington, Belmont, or Watertown
 - Active substance abuse
 - Must be a CASPAR shelter client

Homeless and marginally housed women can contact **Women of Means** (781-239-0290) for a referral to a doctor or nurse who can provide free health care services at one of several sites in metro Boston.

Homeless and runaway youth (age 14-24) can receive health care at the **Teen Health Center**  (617-665-1548) at the Cambridge Rindge & Latin High School, 459 Broadway, Cambridge or Teen Connection (617-575-5690) or new patients 617-665-1305 at the Somerville High School, 81 Highland Ave, Somerville and from **Bridge Over Troubled Waters** (617-423-9575, 47 West St, Boston). Bridge Over Troubled Waters has outreach workers at Park Street & Harvard Sq. and a medical van

Pregnant women & women with infants with incomes under the 200% of poverty guideline may be eligible for additional health benefits under the **Healthy Start** program, offered at any

health center of the **Cambridge Health Alliance**  or call 1-800-841-2900 for more information or download application at:

<http://www.mass.gov/eohhs/docs/masshealth/appforms/mbr.pdf> (in English)

<http://www.mass.gov/eohhs/docs/masshealth/appforms/mbr.pdf> (in Spanish)

Neighborhood Health Centers of the Cambridge Health Alliance (call 617-665-1000 for Cambridge Hospital front desk):


In Somerville:


- Somerville Hospital, 230 Highland Ave, Somerville, 617-591-4500
- Central St. Health Center, Somerville Primary Care, 26 Central St, Somerville, 617-591-6300
- Broadway Health Center, 300 Broadway, Somerville, 617-284-7000
- Union Square Family Health Center, 337 Somerville Ave, Somerville, 617-665-3370

In Cambridge:

- The Cambridge Hospital, 1493 Cambridge St., Cambridge, 617-665-1000
- Primary Care Center, at Cambridge Hospital, 617-665-1068
- Cambridge Family Health, 237 Hampshire St, Cambridge, 617-575-5570
- Cambridge Family Health North - Porter Square, 2067 Mass Ave., Cambridge, 617-575-5570
- East Cambridge Health Center, 163 Gore St., 617-665-3000
- Windsor Health Center, 119 Windsor St., Cambridge, 617-665-3600

Services for People with HIV/AIDS:


Cambridge Health Alliance HIV Counseling & Testing  (617-591-6767) provides confidential HIV-testing and counseling services and referrals for treatment and care for people who are at high risk for HIV, regardless of one's ability to pay. These services are available in Spanish, Portuguese, Haitian Creole, French, and Cape Verdean Creole at several sites across Cambridge and Somerville. Interpreters of other languages are also available.


The Zinberg Clinic  (617-665-1606) Located in the Cambridge Hospital campus. Patients here find a multidisciplinary approach that includes primary care, specialty care, mental health and social services (including case management), and acupuncture to people with HIV infection, and those at high risk of infection.
<http://www.challiance.org/Locations/ZinbergClinic.aspx>


AIDS Action (617-437-6200) 359 Green St., Cambridge. Provides a range of assistance to persons with HIV/AIDS, including case management, medical advocacy, needle

exchange, home delivery of meals, housing search assistance, transitional housing, "harm reduction" services.

Eye Exams and Glasses

The Mass. Eye and Ear Infirmary  (617-573-4098) 243 Charles St., Boston. Free and/or low-cost eye exams and glasses. Those with or without insurance can call to make an appointment.

The New England Eye Institute  (617-262-2020) 930 Commonwealth Ave. Boston. Free exams for eyeglasses. Bring prescriptions and a letter documenting homelessness to Pine Street Inn Clinic to receive free pair of glasses.

LensCrafters  (617-577-8440) Cambridgeside Galleria, near Lechmere T Stop Free glasses with a letter from an eye doctor and that doctor's tax ID #.

Addiction Services

**Note: all services are  unless otherwise noted.*

Central Street Health Center and Dual Diagnosis Service Unit (617-591-6050) 26 Central St., Somerville. Offers intensive outpatient program (MWF 9am-12pm), substance abuse counseling, dual diagnosis treatment, and referrals to other treatment options and resources. Shuttle service available from Line St. entrance of Cambridge Hospital. Office hours: Mon.-Fri. 9-5 with "walk-in" service Tue. 11:30


Outpatient treatment services are offered by:

- **Mt Auburn Hospital Prevention and Recovery Center** (617-499-5051)
- **North Charles Institute for the Addictions** (617-661-5700)
- **Concilio Hispano** (617-661-9406) Services only in Spanish
- **IMPACT** (617-661-0405) new patients should sign up to attend Tuesday orientations

Access to detoxification can be arranged by:

- **First Step** (617-592-6895) Open 8am-Midnight, M-F
- **AdCare** Call 1-800-ALCOHOL or 1-800-345-3552 or 617-227-2622
- **Bridge Over Troubled Water** (617-423-9575) Only for ages 25 and under, must have referral.

Residential Treatment Programs:

- **CASPAR's Womanplace**  (617-661-6020) Residential home at 11 Russell St., Cambridge. Six-month housing and substance abuse treatment program for women in recovery. No children can live in the house, but can visit. State funded by Massachusetts and can therefore only serve Massachusetts ID clients. Clients get a psychological, psychiatric-social evaluation, and assessment. Referral needed from previous program be it a detox program or jail for example (is a next step program). Intake done after referral. Staffed 24/7; 20 beds. Services: case management, job readiness programs, life skills, management skills, spiritual programs, need to be willing to adhere to rules and go to work.
- **CASPAR New Day** (617-628-8188) 242 Highland Ave., Somerville. Pregnant and postpartum women in recovery and their babies only.
- **CASPAR Mens' Residences** (617-623-5277 or 617-776-6036) 16 Highland Ave., Somerville, and 3 Summit Ave., Somerville. Men in recovery only.

Support groups for achieving/maintaining sobriety:

(Call for local meeting times)

- **Alcoholics Anonymous** (617-426-9444)
- **Al-Anon** (508-366-0556) For families and friends of users
- **AA/Al-Anon for Portuguese speakers** (617-628-6065) Meetings: Saturdays 5pm at 92 Union Square, Somerville, and Sundays 3pm at St. Anthony Church, Cambridge
- **Narcotics Anonymous** (1-866-NA HELP U or 1-866-624-3578)
- **Cocaine Anonymous** (617-517-3090)
- **Gamblers Anonymous** (888-GA HELPS or 888-424-3577) For gamblers and their families.

Mental Health Care

(See also Addiction Services, above, for services for persons with a dual diagnosis)

Psychiatric Emergency Service at Cambridge Hospital (617-665-1560) 1493 Cambridge Street, Cambridge. Psychiatrists on duty 24 hours a day to provide an immediate telephone response to acute mental health crises

Cambridge/Somerville Emergency Services Team at Cambridge Hospital (1-800-981-4357) Hotline staffed 24 hours a day to provide behavioral health crisis assessment, intervention and stabilization services

Central Street Health Center 📞 (617-591-6033) 26 Central St., Somerville. Part of Cambridge Health Alliance. Outpatient services to meet mental health needs including anger problems, anxiety, depressions, drug problems, stress, relationship issues, etc.

Riverside Community Care 📞 (formerly **Somerville Mental Health Association**) (617-623-3278) 63 College Ave., Somerville. Outpatient services for couples and families, children and adolescents, and adults. Sliding payment scale beginning at \$10 per session.

Parenting Journey 📞 (617 628-8815) 366 Somerville Ave., Somerville. Provides evening parenting classes with the aim of creating safer, more resilient families by supporting them in developing the inner strengths, life skills, and networks of resources to succeed. Sessions include a family-style meal and child-care during each class. Call or register online at www.parentingjourney.org. Classes generally start in the winter, spring and fall and are offered in English, Haitian-Creole, Portuguese and Spanish.

Community Legal Services and Counseling Center 📞 ERLIAdmin@vlpnet.org
<http://www.clsacc.org/> 47 Thorndike St. (basement suite SB-LL-1). Outpatient counseling services to address anger problems, anxiety, depression, relationship issues, trauma, etc. Sliding payment scale beginning at \$5 per session.

Community Treatment Team (CTT) 📞 (617-623-5487) Field-based mental health services targeting homeless clients with a history of hospitalizations and difficulty using outpatient services, Individuals are referred to this program by Dept. of Mental Health Case Managers.


Arlington Youth Counseling Center (AYCC) 📞 (781-316-3255) 670R Mass. Avenue, Arlington. A licensed mental health facility that works towards treatment, prevention, and resolution of problems relating to Arlington children and their families (including coping with peer and social stress, behavioral difficulties, family crisis and violence, depression, grief, abuse, neglect, and alcohol and drug abuse). Open M-F 9am-5pm.


Dental Care

(Note also that dental care is a Mass Health covered service. Members under age 21 get more dental benefits than adults age 21 or older.)

Cambridge Dental Clinic at Cambridge Health Alliance (617-665-3990) 119 Windsor St., Cambridge. Dentists and dental hygienists provide expert care for your teeth and oral health. Accepts patients of all ages. Also has evening hours available and emergency dental care.

Dentistry for All (1-800-342-8747) The Massachusetts Dental Society Dentistry offers reduced-cost dentistry through participating dentists. Applicants must document financial need. Call for an application and a referral.


Forsyth School for Dental Hygienists  (617 278 2700) at the Mass. College of Pharmacy 101 Palace Rd, Boston. Offers low-cost teeth cleanings at \$15 for children and seniors, and \$25 for adults.

St. Francis House  (617-542-4704) 39 Boylston Street in downtown Boston. Screens candidates for dental care every Thursday morning (arrive by 9am), and arranges referrals for free follow-up care.

Smiles for Success. Provides referrals for free and low-cost dental care provided by local women dentists for eligible women whose ability to succeed may be compromised by decayed, missing or damaged teeth. To be eligible, a woman must be able to verify current enrollment in an accredited job-training program or active pursuit of transfer from welfare back into the workforce. Obtain more information or apply for assistance at <http://www.smilesforsuccess.org>

Services for Victims of Domestic Violence

SAFELINK HOTLINE: (1-877-785-2020). Information about which emergency shelters have beds each night.

Respond (617-623-5900) and **Transition House**  (hotline: 617-661-7203). Counseling, referral for emergency shelter, and related services to battered women and their children. Support and services are available to women whether or not they are ready to leave the battering relationship. Referral to shelter is available.

Emerge (617-547-9879) Counseling for batterers.

Boston Area Rape Crisis Center (617-492-8306) 24 hour hot line: 1-800-841-8371. Assistance to victims of rape.

Arlington Youth Counseling Center (AYCC)  (781-316-3251) Contact: Heather Hernandez 670R Mass. Avenue, Arlington. Open M-F 9am-5pm.

Domestic Violence Liaison at the Police Departments. (In case of an emergency, dial 9-1-1).

Somerville: Somerville Police Victim Advocate, 617-625-1600 x 7279

Arlington: Captain Jim Curran, 781-316-3925, or Mental Health Clinician, Rebecca Gallagher, at 781-643-1212.


Violence by caregivers against children, elders, and persons with disabilities must be reported. The following hotlines will lead to investigation and efforts to address abusive situations:


- **Child Abuse Hotline** (1-800-792-5200)
- **Disabled Abuse Hotline** (1-800-426-9009)
- **Elder Abuse Hotline** (1-800-922-2275)
- **Somerville/Cambridge Elder Services** (617-628-2601)
- **Minuteman Senior Services** (Arlington residents) (781-272-7177)

Legal Assistance

*For a listing of additional resources for **legal assistance**, please subscribe to the “Intake Update”, updated and distributed monthly by the Eastern Region Legal Intake (ERLI). 197 Friend Street, Boston, MA 02114. Call Program Administrator at 617-603-1705. You can also visit <https://www.masslegalservices.org/findlegalaid>*

See also www.masslegalhelp.org

Harvard Legal Aid Bureau (617-495-4408)  Legal assistance in appealing the denial of public benefits (TAFDC, SSI, Emergency Assistance, etc.) and assistance preventing evictions for Somerville residents (not Arlington). Does not take on new cases during the summer months or school vacations.


Cambridge and Somerville Legal Services  (617-603-2700), 60 Gore Street, Suite 203, Cambridge (Part of Greater Boston Legal Services). Legal Assistance in preventing evictions, denial of subsidized housing, denial/termination of federal and state benefits (SSI, SSDI, TAFDC, EAEDC, SNAP, MassHealth, child care), mental health and disability rights, elder rights. Somerville (any age) and Arlington (under 60) residents. For Arlington residents 60 and over, call 1-866-778-0939. For unemployment, foreclosure, consumer, and family law issues, call the intake service known as “LARC” at 617-603-1700 Monday – Friday 9:00 – 1:00. For immigration, call 617-603-1234 to be directed to the appropriate person/agency.

Tenant Advocacy Project (617-495-4394) 6 Everett Street, Cambridge. Represents applicants and tenants at administrative hearings at housing authority on denials or termination of public housing or Section 8.

Community Action Agency of Somerville's Homeless Prevention Program of Somerville (617-623-7370 ext. 140), 66-70 Union Square, Suite 202, Somerville. Helps low income Somerville tenants by providing education about their legal rights, navigating eviction process, mediating and negotiating with landlords, and assisting with applications for subsidized housing. Also aids low income Somerville residents with access to and issues relating to public benefits (such as SNAP, TAFDC, MassHealth) and with utility shut offs and other utility-related issues.

Harvard Defenders (617-495-4413) Harvard Law School, Wasserstein Caspersen Clinical Wing, 6 Everett Street, Suite 5110, Cambridge -- Harvard Law School students represent defendants accused of a crime at "show cause" (clerk's) hearings in Somerville and Cambridge District Courts. Cambridge District Court covers Arlington residents. Open for intake and referrals M-F, 9-5.

Fair Housing and Human Rights

Office of Somerville Commissions  (617-625-6600 x 2406), 50 Evergreen Avenue, Somerville. Provides support to the Commissions for Women, Human Rights, and Multicultural Affairs and for the LGBT Liaison. Investigates and refers to state officials allegations of discrimination including housing discrimination. Need proof that the problem took place in Somerville or that the affected person resides in Somerville. Referrals are not required.

City of Somerville Fair Housing Commission (617-625-6600 x 2578) 50 Evergreen Avenue Somerville, MA 02145. Receives complaints about possible fair housing violations and provides referrals for more fair housing resources.

Town of Arlington Fair and Affordable Housing (781-316-3090) Town Hall Annex, 730 Mass. Avenue, Arlington. Receives complaints and inquiries about housing. Provides advice and appropriate referrals.

Town of Arlington Human Rights Commission (781-316-3250) 27 Maple Street, Ground Floor, Arlington.


Fair Housing Center of Greater Boston (617-399-0491) 262 Washington Street, 10th Floor, Boston, MA 02108. Provides case advocacy services focused exclusively on housing

discrimination. Serves Somerville and Arlington residents. No referrals needed. Clients may call to initiate inquiry process. Hours of Operation: M-F 9am-5pm.

Child Care and Early Childhood Support Services


Early Head Start (617-629-6652) 474 Broadway, Somerville. Free program that offers services to low-income pregnant women or women with infants or toddlers, up to age 3.
www.riversidecommunitycare.org.

Somerville Head Start (617-623-7370 x 127). 66-70 Union Square, Somerville. Operated by Community Action Agency of Somerville. The program is designed to serve children 3-5 years of age from families who qualify for Head Start services in Somerville and Cambridge. Head Start helps children succeed by providing comprehensive services to children through activities that help them grow: socially, emotionally, cognitively, and physically. The majority of families serviced must have household incomes below 130% of the federal poverty guidelines. Applicants can come between 9 and 5 and fill out an application. They must bring proof of income, proof of age, and proof of residency. Contact Christopher Hosman.


Our Place (Center for Homeless Children)  (617-547-3400) 402 Mass. Ave., Cambridge, Operated by the Salvation Army. Child care program open Monday through Friday 8:30-3:15pm for children ranging from infancy to 7 years of age.

The Guidance Center 12 Tyler Street, Somerville. Offers multiple programs for families with children who live in Cambridge or Somerville. Referrals can be self-made or by other agencies for all programs.

- **Cambridge-Somerville Early Intervention-** 617-629-3919 x5730-- program for children who are at-risk for developmental delays, emotional or behavioral difficulties, and/or conditions such as Down syndrome and cerebral palsy.
- **Early Intervention Parenting Partnership-** 617-629-3919 x5792-- free program offering services to pregnant women or women with newborns who meet certain medical risk factors (such as high blood pressure, diabetes, etc.).
- **Intensive Family Services--** 617-629-3919 x5715 – program works with families with children ages 0-22 with severe emotional disturbances who are transitioning in or out of a residential program
- **Community Service Agency-**617-354-1519 x114. Offers a referral line for families with children ages 0-22 with severe emotional disturbances

Women Infants and Children -- Nutrition program available to pregnant and nursing mothers, or mothers of children ages 0-5. Provides supplemental foods, healthcare referrals, and nutrition education. Website: www.wicprograms.org

- Arlington Residents: 7 Central St., Suite 160, Arlington (781-646-2032), 10:00am-6:15pm.
- Somerville Residents: 366 Broadway, Suite 102, Somerville (617-575-5330)

New Mom's Support Group , (781- 647-5327) 300 Mass. Avenue, Arlington (Calvary Methodist Church): For mothers and babies under one year old. Fridays from 10-11:30. Registration is not necessary as these groups are free.

Children's clothing, books, and toys (see the Children's Clothing Exchange and Rosie's Place under "Clothing" below).

Services for Families With School-Aged Children

Rights of Homeless Children:

(Courtesy of www.somerville.k12.ma.us/homeless)

- The right to **attend school**-- A permanent address is not needed to enroll in school.
- A homeless child cannot be denied school enrollment just because school records or other enrollment documentation are not immediately available and must be enrolled immediately.
- The right to **stay in the school they attended before becoming homeless** or where they last enrolled (school of origin) if the parent or guardian so chooses.
- Schools must provide a written explanation if a placement dispute occurs; parents/guardians may contact the School District's Homeless Liaison.
- The right to **participate in extracurricular activities** and all federal, state, or local programs for which he/she is eligible.
- The right to **free breakfast and lunch, transportation assistance and to receive Title 1 services.**


**Unaccompanied youth [homeless youth not living with parent(s) or guardian(s)] have these same rights.*

National School Lunch Program:

- Free breakfast is available for all elementary school students in the public schools
- Free lunch is available to low income students who complete an application for the National School Lunch Program
- Free breakfast and lunches are also available in the summer at various locations.

For more information, call the Somerville Public Schools' Food Service Office at (617-629-5200 ext .6080) and the Arlington Public School at 781-316-3643


After-School and Summer Programs for Children


Child Care Choices of Boston (part of ABCD)  (617-542-4629) 105 Chauncy St., 2nd Floor, Boston, MA 02111. Assists Somerville (and Cambridge) families pay for after school programs for their school-aged children (which was formerly done by the Child Care Resource Center). Some of the programs listed in this section accept payment vouchers administered by the center. Vouchers are awarded to families on a first-come first-served basis, and are based on income and family size. Website www.childcarechoicesofboston.org


Child Care Circuit office (978-686-4288). 190 Hampshire Street, Lawrence, MA 01840 Assists Arlington families pay for after school programs for their school-aged children, (which was formerly done by Child Care Resource Center).

SMILE Program (617-625-6600) Somerville. Somerville Public Schools offer free pre-school from 8:45am-1:45pm for a limited number of children at the following sites: Michael E. Capuano Early Childhood Center, West Somerville Neighborhood School, Argenziano School, Winter Hill Community School. Visit: <http://www.somerville.k12.ma.us/education/components/scrapbook/default.php?sectionid=etalid=13810> for up to date registration information.

The Somerville Family Learning Collaborative (SFLC) (617-629-5476) is the Family Engagement department of the Somerville Public Schools. Programming serves families with children birth through high school and offers a wide range of services for parents/guardians. *All SFLC activities and events are free and interpretation is provided at all events.* SFLC services include: Information and referral, literacy playgroups, parent–child home visiting program, parent workshops, family events and activities, parent support groups, developmental screenings, English classes. Family and Community Liaisons in every school to welcome families, provide information, and host activities and workshops

Somerville YMCA  (617-625-5050) 101 Highland Ave. Somerville. Recreational activities such as gym sports and swimming for children 6-13 years old. Activities are supervised but not structured. Children can come and go as they please. School year: Mon – Fri: 2:30 – 6pm; Summer: Mon – Fri: 1- 4pm. *Program is free with membership, or a day pass can be purchased for \$1.25; Membership costs \$50/year per child. Scholarships are available through an application process*

Age Child Care Program – Somerville YMCA  (617-625-5050) 101 Highland Ave. Somerville. This program includes recreational activities, gym sports, swim lessons, and field trips for children 5-13 years old. Transportation is provided from most Somerville

schools. Monday - Friday: 2:30 – 5:30 PM; Early release Wednesdays: 12 - 5:30 PM. *\$120/week or \$25/day, some financial assistance is available, and vouchers from the Child Care Choices of Boston (ABCD)  (617-348-6677) are accepted.*

Somerville Community Schools: School Age Child Care Program - After School & Summer Camp (617-623-0110) 530 Mystic Ave., Rm. 103, (Mystic Learning Center), Somerville. This program includes sports, games, swimming, and field trips for kids 5-12 years old. Transportation is arranged from the Healy School on foot. The program operates year-round. Monday - Friday: 2:30 - 5:30pm; Early release Wednesdays: 12 - 5:30pm; Summer Schedule: Monday - Friday 8am - 5:30pm. Primarily for Somerville residents but open to residents of surrounding cities on a case-by-case basis. *\$22.66 per day, some subsidized slots are available each year; vouchers from the Child Care Choices of Boston (ABCD) are accepted.*

Tot Time Program (617-625-6600 ext. 2980) 19 Walnut St. Somerville. Fun activities for young children. Emphasis is on teaching children to play cooperatively with each other. This program has two sessions that run for approximately 14 weeks each. There is a Fall session and a Spring session. Tuesday and Thursday: 8:30- 10:30am. *\$200 for 14-weeks. Call office with requests for financial assistance. Register at <http://www.somervillerec.com/info/tutorial/>.*

Menotomy Pre-School (at Arlington High School) (781-316-3585) 869 Massachusetts Ave, Arlington, MA 02476. Provides training experience for high school students studying the field of Early Childhood Education. For registration/school information: call (781-316-3655) and for Preschool Special Education call (781-316-3698). Families may call to schedule a tour of the school.

Arlington Recreation Programs (781-316-3880). 422 Summer St, Arlington, MA 02474. All recreation programs in Arlington receive Community Development Block Grant money to subsidize families needing help with recreational program fees.

- Arlington Recreation (781-316-3884)
- Arlington Boys and Girls Club (781-648-1617)
- Fidelity House (781-648-2005)
- Arlington Athletic Department (781-316-3551)

Clothing

**Free clothing is generally available to homeless people from the shelters at which they are staying, and at the following drop-in centers:*

- Rosie's Place-- 889 Harrison Ave., Boston-- 617-442-9322 (**women only, on an emergency basis**)
- Salvation Army-- 402 Mass. Ave., Cambridge-- 617-547-3400
- St. Francis House-- 39 Boylston St., Boston-- 617-457-1002
- Youth on Fire-- 1555 Massachusetts Avenue-- 617-661-2805 (**for youth**)

The following are additional clothing resources:

Children's Clothing Exchange: (617-576-0039) 391 Evereteze Way Cambridge (located at the Roosevelt Towers housing development). You trade your child's (ages 0-16) outgrown clothing, books, and toys. If you do not have children's items to trade, you can volunteer your time to earn credits that you can use to receive items for your child. Client must first visit the Children's Clothing Exchange and register to participate in the program (bring child's birth certificate or health insurance card to prove that the child is yours) Hours of Operation: T 10:00am-4:00pm, W 10:00 am-8:00pm, Th 11:00am- 4:00pm, 2nd and 4th Sat 10:00am-4:00pm.

Little Fox Thrift Shop: (781-316-3157) Fox Library, 175 Mass Ave, Arlington. Volunteer-run shop that accepts and re-sells gently used children clothing, toys, books, games, infant equipment, maternity wear and various household items. Hours of Operation: T 9am-1pm, W 2:30pm-7:30pm, Th 9am-5pm, F 9am-1.

Goodwill Store: (617-628-3618) 230 Elm St., Somerville. Open Monday through Saturday 10-7pm, Sunday noon-6pm.

SolutionsWear: (617-576-0039) 391 Evereteze Way, Cambridge. Free interview-appropriate clothing (3 complete outfits) for homeless and low-income men and women who are enrolled in area job training program. Referral are required, individuals cannot contact. There is also a \$50 per-client fee that may be paid by an agency.

Other Services

Obtaining a Mass. ID

Registry of Motor Vehicles (617-351-4500) 630 Washington St., Boston. Homeless persons can obtain a Mass. ID from the RMV by bringing a letter on shelter (or other program) stationery signed by a case manager stating the homeless person's name and Social Security number, listing any other identification that s/he has, affirming that s/he is homeless and, if applicable, residing in the shelter or transitional program, and that the case manager knows this person well and can attest to the facts of the letter. Inquire about getting the \$15 fee waived.

Transportation for persons with disabilities

SCM Community Transportation (617-625-1191) provides door-to-door transportation for seniors (62yrs+), people with disabilities, and other at-risk persons. Assistance is primarily for local, non-emergency, medical and grocery shopping trips, with a minimum of 48 hours' notice, although assistance with other necessary trips may be available. A donation of \$1.00-\$2.00 per round-trip is requested but not required.

THE RIDE (1-800-533-6282) provides door-to-door transportation for people who cannot use general public transportation (either temporarily or permanently) due to mental, cognitive, or physical disability-- each one-way trip is \$2.00-- you will need to submit and application, which can be found here:

http://www.mbta.com/uploadedfiles/Riding_the_T/Accessible_Services/ridecvrltrappl0410.pdf

Transportation Access Pass (TAP) CharlieCards (1-800-543-8287) allow persons with disabilities and seniors to ride the T at a discounted rate. Medicare Card holders are automatically eligible for a TAP CharlieCard. The TAP CharlieCard is available at the Reduced Fare CharlieCard Office located at Back Bay Station, and open Monday through Friday 8:30am - 5:00pm-- you will need to fill out an application to bring with you, which can be found here:

http://www.mbta.com/uploadedFiles/documents/ACCESS_PASS.pdf

Free Cell Phones

SafeLink Wireless (800-378-1684) Provides free cell phone to eligible low-income persons (Varying minutes of free talk time per month (based on location) for one year and unlimited 911 access). Service is limited to one person per household. For enrollment call (1-800-723-3546). (I have not confirmed this)

Services for ex-offenders

Span, Inc. (617-423-0750) 105 Chauncy Avenue, Boston. Offers case management, career development services, health services, and peer support to people who are or have been in prison. Need to present a photo ID in order to be let into the building.

“Coming Home Directory” (617-482-2520 ext. 128) Compiled by the Crime and Justice Institute at Community Resources for Justice located at 355 Boylston Street, Boston 02116. A guide to resources for ex-offenders returning to or living in the Greater Boston area. The directory is available on line at ComingHomeDirectory.org.

Free income tax assistance

Cambridge Economic Opportunity Committee (617-868-2900), 11 Inman Street, Cambridge.