

# Food, Shelter and Miscellaneous Resource List

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## MassBay Resources:

### Textbook Fund

<https://www.massbay.edu/student/student-resources/textbook>.

### MassBay Supplemental Food Support Program- Fall 2024

application: <https://www.massbay.edu/snacc> closes 9/17

### MassBay Supplemental Transportation Support Program- Fall 2024

application: <https://www.massbay.edu/transportation> closes 9/17

### MassBay Chromebook/HP laptop loaner

program <https://www.massbay.edu/chromebook>

**Remote Access to a computer lab via your Chromebook, with specialized software (Splashtop):** <https://www.massbay.edu/helpdesk-login>

**MassBay Meals By TBE Table-** frozen meals prepared by Temple Beth Elohim for students experiencing food insecurity. Pick up on the Wellesley (Student Development) and Ashland campuses (main building).

To qualify for the program, students must meet with Case Manager and Resource Specialist, Marybeth Fletcher or Basic Needs Support Specialist, Jenny Cavallerano. Students can book a 15 minute appointment here:

[Marybeth's calendar](#)

[Book time with Cavallerano, Jenny](#)

**In Wellesley,** Pick up is available once a week, M-TH 9am-6pm and F, 9am-5pm. Students may receive up to 5 meals a week on their selected day after meeting with one of the case managers. Reusable freezer bags are available for evening students who have to pick up their meals before class.

<https://survey.alchemer.com/s3/6660774/MassBay-Meals-by-TBE-Table>.

In Ashland, sign up is required before pick up:

<https://survey.alchemer.com/s3/6660774/MassBay-Meals-by-TBE-Table>

**Daniel's Table MassBay Framingham frozen meal program for students experiencing food insecurity (not having access to sufficient food, or food of an adequate quality to meet one's basic needs)**-Students are required to schedule an appointment with the Resource Specialist, Marybeth Fletcher or Food Coordinator, Jenny Cavallerano to qualify for the program.

Students can book a 15 minute appointment here:

[Marybeth's calendar](#)

[Book time with Cavallerano, Jenny](#)

Students will be asked to choose one day of the week they would like to pick up their weekly meals and a referral will be made to Student Services. The sign-up (QR code located on the front desk) must be completed once a week at time of pick-up. The Daniel's Table freezer is located on the 3rd floor of the Framingham campus in the Student Services suite. Please ask someone at the desk or in the suite to assist you. Meals are available M-Th 9am-6pm. The QR

code to sign up for the meals is taped to the front desk or you can use the link below. **You must register for the meals weekly and pick up is limited to once a week.** Students may take a **family meal (serves 4)**- 1 protein pack, 2 packages of frozen vegetables, 1 box of rice or pasta (located in bin on top of freezer) and 1 quart size of soup or up to **5 individual meals** (protein, carb and vegetable) and pint size soup **per week**. Sign up here:

<https://survey.alchemer.com/s3/7126746/Dan>

## **Greater Boston Food Bank (GBFB) Mobile Market at MassBay- monthly (second Wednesday of the month) September through May**

**11:30am-12:30pm on the Wellesley campus** outside in the courtyard behind the cafeteria.

**12 noon-1pm on the Framingham campus** outside the front doors.

**12 noon-1pm on the Ashland campus** in the main building.

**Recipe ideas for Mobile Market** produce: <https://clickncook.org/>

**Snack bins** located on all three campuses sponsored by the SNAC Committee.

## **Parent Resource Closet**

Baby bottles, wipes, baby shampoo, lactation supplies including hand held pumps. Located in room 430 on Wellesley campus. Please contact Lisa MacDonald for more information [Imacdonald@massbay.edu](mailto:Imacdonald@massbay.edu)

## **Childcare Assistance**

<https://www.massbay.edu/student/student-resources/childcare-assistance>

## **MassBay Single Mother's Fund- Fall 2024 application opens September 17**

[https://cm.maxient.com/reportingform.php?MassBayCC&layout\\_id=51](https://cm.maxient.com/reportingform.php?MassBayCC&layout_id=51)

## **Free Period Products from Dignity Matters**

Period protection (tampons and pads) for any student in need. Products available in bathrooms on all 3 campuses. Contact Marybeth Fletcher [mfletcher@massbay.edu](mailto:mfletcher@massbay.edu) or 781-239-2757 with any questions or for more products.

## **Free Personal Hygiene products from Hope and Comfort, Needham**

Shampoo, conditioner, hand cream, toothpaste, toothbrushes, floss, deodorant, and laundry detergent. These products can be picked up in the Office of Student Development (Office 130) on the Wellesley campus, Framingham and Ashland campuses.

### **Shuttle Service and Uber program**

<https://www.massbay.edu/shuttle>

### **MassBay Free Counseling by licensed therapists- no waitlists**

<https://www.massbay.edu/counseling>

**Visit the MassBay Virtual Q&A Center-** connect virtually with a member of our Support Squad through Webex <https://www.massbay.edu/ask>

**Academic Advising** <https://www.massbay.edu/academics/advising/contact>

**Tutoring and learning specialists** <https://www.massbay.edu/academics/aac>

**Accessibility Resource Center** <https://www.massbay.edu/accessibility>

### **MassBay Scholarships**

<https://www.massbay.edu/finance/scholarships/current-student>

### **TEMPO**

**One stop resource center for young adults under 25 years of age-** help with food resources, transportation, health insurance, immigration fees, driver's ed fees, MBTA youth pass, laundry, showers, free counseling, career opportunities, legal services, LGBTQIA supports, domestic violence support

508-879-1424

1 Marion Rd Framingham

<https://www.waysideyouth.org/services/young-adult/tempo-young-adult-resource-center/>

**Family Resource Center-** resources for parents with children

<https://www..org/aboutus/ourservicesoverview/services/waysidemetrowest/framinghamfamilyresourcecenter/waysideyouth>

508-270-1220

**Options Clubhouse-** This is like Tempo but for anyone over 18 in Marlborough

<https://www.optionsclubhouse.org/> 508-485-5051

### **Transportation:**

## **MassBay shuttle and Uber program**

<https://www.massbay.edu/shuttle>

## **MWRTA**

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

## **MBTA-youth passes**

<https://www.massbay.edu/transportation>

## **TEMPO transportation/driver's ed. support**

One stop resource center for young adults 17- 26 years of age

508-879-1424

1 Marion Rd Framingham

## **MBTA schedules**

<https://www.mbta.com/schedules>

## **Tommy's Taxi Framingham**

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

## **Assistance Programs for Massachusetts Residents:**

<https://www.mass.gov/doc/assistance-programs-for-massachusetts-residents/download>

## **Child Care Resources and Referral Agencies**

[Child Care Resource and Referral Agencies \(CCR&Rs\) | Mass.gov](#)

## **Childcare Financial Assistance**

<https://www.mass.gov/guides/child-care-subsidy-management-and-ccfa>

## **Search and connect to supports**

<https://www.findhelp.org/housing/help-pay-for-housing--framingham-ma?postal=01701&cursor=10&limit=10>

## **Food Resources:**

## **Department of Transitional Assistance**

### **SNAP (EBT cards)**

<https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

**SNAP**-college students with an EFC (estimated family contribution of \$0, who receive a full Pell grant or are eligible for a work study even if they are not doing it) are eligible for SNAP

DTA Assist Line 877-382-2363

<https://www.mass.gov/snap-benefits-formerly-food-stamps>

Are students eligible for SNAP? <https://www.fns.usda.gov/snap/students>

### **HIP (Healthy Incentives Program)**

<https://www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip>

### **LIHEAP (home heating and energy assistance)**

<https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>

### **WIC- Supplemental Nutrition Program for Women**

<https://www.fns.usda.gov/wic/about-wic-how-wic-helps>

300 Howard St Framingham

2201 Washington St Roxbury

1010 Mass Ave Boston

Food and economic assistance Mondays- Fridays 8-5pm

Case management, information and referrals

<https://www.mass.gov/orgs/department-of-transitional-assistance>

## **Project Bread**

### **The Food Source Hotline**

[Projectbread.org/covid19](https://projectbread.org/covid19)

**1800-645-8333**

M-F 8am-7pm

Sat 10am-2pm

<https://www.projectbread.org/get-help/covid-19-hunger-food-resources-for-households>

**10 minute SNAP application:**

<https://gettingsnap.org/>

## **Greater Boston Food Bank- assistance with SNAP application**

<https://www.gbfb.org/what-we-do/our-programs/snap/>

## **SNAP benefits and immigrants**

<https://www.masslegalhelp.org/income-benefits/fsimmigrants>

## **Broadband discounts for individuals receiving SNAP:**

<https://getemergencybroadband.org/do-i-qualify/>

## **WIC- Supplemental nutrition program for women**

<https://www.fns.usda.gov/wic/about-wic-how-wic-helps>

## **Find food assistance, help paying bills and other free reduced cost programs**

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

## **MA Good Neighbor Fund**

<http://www.magoodneighbor.org/assistance.html>

## **Community Action Committee of Cape Cod- resources for residents of Cape Cod**

<https://www.cacci.cc/resources/>

## **City of Boston home heating help for tenants**

<https://www.boston.gov/departments/311/home-heating-help-tenants>

## **Joe-4-Sun**

<https://citizensenergy.com/our-programs/joe-4-sun/massachusetts/>

## **Eversource Assistance**

<https://www.eversource.com/content/residential/account-billing/payment-assistance>

## **Food Pantries:**

### **Greater Boston Food Bank**

[GBFB.org/need food](http://GBFB.org/need-food)

Referrals to meal programs, soup kitchens, Easter, Thanksgiving and Christmas food boxes

### **WhyHunger**

**1-800-5-HUNGER**

Food resources across the country by zip code

<https://whyhunger.org/find-food/>

### **Metrowest Food Collaboration**

<https://www.metrowestfoodcollaborative.org/find-food-1>

### **Daniel's Table**

508-239-6691

508-239-6690 (Spanish)

Register for to-go groceries for Framingham residents only

Wednesday evenings 4pm- 6pm (subject to change, check website or call first)

Fridays 1pm-3pm (subject to change, check website or call first)

56 Park St Framingham 508-405-0769

<https://danielstable.org/>

(Thanksgiving provisions available with preregistration in the fall)

### **A Place To Turn**

99 Hartford St Natick

<https://www.aplacetoturn-natick.org/>

Groceries, diapers, clothing, personal care items

508-655-8868

Proof of address needed (utility bill) or contact Marybeth Fletcher to confirm status at MassBay and bring your MB ID

### **Marlborough Community Cupboard**

<https://www.uwotc.org/mcc>

Holiday sign up begins September 2024

### **Natick Service Council**

<https://natickservicecouncil.org/heart-healthy-food-pantry/>

Natick residents only

2 Webster St. Natick

Must register at 508-655-1791

Monthly pantry service- 3-5 bags of non-perishables and 1 bag of perishable food

### **Metrowest Worker Center**

<http://www.mwc-casa>

Groceries every other Saturday for immigrant families but no one will be turned away

508-848-0560

Leave name, cell, and number of family members

Canasta Solidaria

[liz@mwc-casa.org](mailto:liz@mwc-casa.org)- email ahead of time



## **Fair Foods rotating locations in Boston- \$2 bag program**

<https://www.fairfoods.org/oursites>

## **Attleboro Food Pantry (Hebron Food Pantry)**

<https://hebronfoodpantry.org/index.html>

## **Needham Community Council Food Pantry**

781-444-2415

570 Hillside Ave

Needham, MA

<http://needhamcommunitycouncil.org/food-pantry/>

You must be a Needham resident and register for the food pantry to be eligible for Thanksgiving and Christmas meals.

## **Sudbury Food Pantry**

978-443-7725

Ascension Parish (formally Our Lady of Fatima Parish) church basement

160 Concord Rd Sudbury

<https://sudburyfoodpantry.org/>

No residency or ID requirements. You are welcome 1x week.

## **Hudson Community Food Pantry**

<https://hudsoncommunityfoodpantry.org/>

## **Waltham Food Pantry**

<https://healthywaltham.org/food-pantries/>

119 School St. Look at link for parking directions. Sign up in person at pantry

3pm-6pm dates in link.

## **Ashland Food Pantry**

<https://www.ashlandmass.com/440/Ashland-Food-Pantry>

162 W. Union St. Lower level

Call 508-532-7949 or email: [humanservices@ashlandmass.com](mailto:humanservices@ashlandmass.com)

## **Franklin Food pantry**

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

508-528-3115

### **Celebration International Church**

Drive-thru food pantry open to the public. Translations available in English, Spanish, Portuguese (not always available), and Russian.

Open to the public

<https://www.cicalive.org/food-pantry>

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

Contact Information: 508-653-6864 ext. 0 or Help@cicalive.com

Pick-up Location: 6 Loker Street, **Wayland**, MA 01778

**Operation Turkey Express registration begins September 2024.**

**Sign up required here in September 2024:**

<https://www.cicalive.org/events>

### **Pearl Street Cupboard Food Pantry**

<https://www.uwotc.org/pearl>

46 Park St. Framingham

Hot meals to-go/Pantry

No residency restrictions

Questions:

[Paul.mina@uwotc.org](mailto:Paul.mina@uwotc.org) or 508-561-5811 **Still taking registrations but you must sign up in person. Call ahead to confirm.**

**Dial 211** for extensive list of United Way resources

Thanksgiving turkey and fixings distribution for pantry members

Curtis Family Feed- Thanksgiving Day hot meals in person- time TBD or call ahead for delivery in Framingham and Natick by calling Mark at 508-414-0299

### **Daily Bread Food Pantry**

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

21 Exchange Street Milford

Serving Milford, Hopedale and Upton

### **MHSA/Bristol Lodge**

Immanuel Methodist Church

545 Moody Street Waltham

Pantry hours, clothing depot and soup kitchen

<https://mhsainc.org/programs/>

781-883-2050

Soup kitchen open M-F 4:30pm-5:30pm and Thanksgiving.  
No registration required.

### **Watertown Food Pantry**

Tuesday's 10am-2pm

80 Mt Auburn St

<https://www.watertown-ma.gov/250/Watertown-Food-Pantry>

### **United Way**

<https://mass211.org/>

Christmas gifts for children in need but families must belong to food pantry

### **(BRACE) THE BRAZILIAN-AMERICAN CENTER**

560 Waverly St

Call ahead: 508-628-0360

English, Portuguese, and Spanish speakers are available to answer questions and register people. Food is delivered to qualified registrants.

<http://www.brazilianamericancenter.org/cestas-basicas/>

Open to the public

Days and Hours of Operation: Registration and requests are accepted Monday - Friday,  
9AM -5pm

### **Norwood Food Pantry**

<https://www.norwoodpantry.org/event>

150 Chapel Street

781-291-3663

9am- 11:40am. New client sign-up on Saturdays

Registration and documentation of need required.

### **Newton Community Freeedge**

<https://newtonfoodpantry.org/get-involved/newton-freeedge/>

### **Brookline Food Pantry**

Saint Paul Episcopal Church

15 St. Paul Street

617-566-4953 x7

617-800-5339

Tuesdays 10am-2pm, Wednesdays 3-6pm, Thursdays 11-2pm

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

## **Brookline Food Co-op Market**

Call Vickie for updates/changes in schedules and locations every day 617-852-5967

### **NO RESIDENCY REQUIREMENTS**

Sundays- 1955 Center St., West Roxbury 3pm-4pm

Mondays- 85 Lenox St., Back Bay 3pm

Tuesday or Thursday- confirm with Vickie, 13 Bastille St., Roslindale Sumner School 4pm

Wednesday- 291 Center St., Tree of Life Church, Jamaica Plain

Friday- 427 Turnpike St. back of Fountain of Grace Church, Canton 12noon until food runs out

Saturday- 218 East Eagle St East Boston, 12noon until food runs out

1st Saturday of the month 76 Monument St Charlestown

2nd and 4th Saturday Church of Iglesias Ebenezer 965 Pennington St. and other pantry days  
call Pastor Felix or Vittorio 867-312-0134 for hours

## **East End House Cambridge**

<https://eastendhouse.org/>

Food pantry T, F 1-2pm, benefit eligibility program, toy drive for holidays

## **Natick Service Council**

508-655-1791

<https://thenatickservicecouncil.org/>

Food pantry, seasonal and holiday program (for children 0-14) for Natick residents

## **Newton Center Street Pantry**

11 Homer St

617-340-9554

Serving residents of Newton, Allston, Brighton, Brookline, Needham, Waltham, Watertown, Wellesley and West Roxbury

Curbside pick up

<https://www.centrestfoodpantry.org/get-groceries>

## **Newton Food Pantry**

1000 Commonwealth Ave 617-796-1233

Basement level of Newton City Hall

Please enter Homer Street side of city hall

617-796-1233

Wednesdays 1:30pm-5:30pm

Serving residents of Newton only

Pantry registration form only requirement

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

## **Holliston Food Pantry**

73 Charles St 508-429-5392

Monday, Tuesday, Thursday and Fridays 10am-2pm Wednesdays 4-7:30pm

<https://www.hollistonpantryshelf.org/to-receive-assistance>

### **Project Just Because**

Hopkinton residents only 508-435-6511

109 South St

Monday-Thursdays 9am-4pm

<http://projectjustbecause.org/programs/hopkinton-food-pantry/>

Thanksgiving baskets and Christmas gifts for children

### **Burlington Food Pantry**

<https://peoplehelpingpeopleinc.org/about-the-food-pantry/>

### **Merrimack Valley Food Bank**

Lowell area food pantries:

<https://mvfb.org/member-agencies/>

### **Worcester County Food Bank**

508-842-3663

<https://foodbank.org/find-food/>

### **Hyde Park Food Pantry**

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

### **Fair Foods Inc.**

\$2 bags of food distributed throughout Boston

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

### **East Boston Community Soup Kitchen and resource support**

Our Savior Lutheran Church

28 Paris St Boston

Free meals every Tuesday

Breakfast 8:15-11am

Lunch 12-2pm

Dinner 5-7pm

No residency restrictions or referrals needed

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

## **Haley House Soup Kitchen**

617-236-8132

23 Dartmouth St Boston

Breakfast for men Mondays- Fridays 5:30-9am, Sundays 9am- 12pm

Food pantry 10:30- 11:30am registration required- valid ID with permanent address

Bakery Cafe dinners 12 Dade St Roxbury second Saturday of every month 5-7pm

## **Greater Somerville Homeless Coalition**

First Congregational Church

89 College Ave Somerville

Community Meals Mondays 4:30pm

**Pantry, affordable housing and shelter resources @**

<https://www.somervillehomelesscoalition.org/food-security/>

## **St. Monica Food Pantry/Meals**

331 Old Colony Ave **South Boston**

617-268-8100

Please call first for modified hours and locations

## **Food Pantries in Cambridge**

<https://ceoccambridge.org/services/food-pantry/>

## **United Way of Greater New Bedford COVID-19 resources**

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

## **Food Resources**

Franklin, MA

<https://www.franklinma.gov/home/pages/community-resources-and-support>

## **Catholic Collaborative Food Pantry Sacred Heart 770 Mount Auburn Street, Watertown**

<https://watertowncatholic.com/news/food-pantry>

## **Centre Street Food Pantry, 11 Homer Street, Newton (617) 340-9554; Tuesdays**

4:00-6:30 PM <https://www.centrestfoodpantry.org/>

## **Council of Social Concern Woburn Food Pantry**

<https://www.socialconcern.org/services/interior-design/>

Woburn Community Resources: <https://www.socialconcern.org/about-us-2-3/>

Middleton Food Pantry <https://www.middletonma.gov/176/Food-Pantry>

## **Shelter/Housing Supports:**

**SMOC Family Resource Center** 508-270-1313 Framingham

### **SMOC- South Middlesex Opportunity Council, Common Ground Resource Center**

508-872-4853

Turning Point for men- 3 Merchant Rd Framingham 508-875-6429

Shadows for women- 25 Central St Ashland

### **TEMPO**

One stop resource center for young adults under 26 years of age

508-879-1424

1 Marion Rd Framingham

<https://www.waysideyouth.org/services/young-adult/tempo-young-adult-resource-center/>

### **Section 8 Housing Choice Voucher Program (HCVP)-**

<https://www.mass.gov/info-details/section-8-housing-choice-voucher-program-hc-vp>

**CHAMP (common housing application for MA Programs)**

<https://publichousingapplication.ocd.state.ma.us/>

### **Comprehensive Guide to Obtaining Housing Assistance**

<https://www.mass.gov/guides/a-guide-to-obtaining-housing-assistance>

### **MA Housing Consumer Education Centers**

Housing Consumer Education Centers offer answers to a wide range of questions about all types of housing problems. Tenants, Landlords, Prospective Buyers, and Homeowners can access information designed to maximize housing stability, strengthen investments, and minimize disputes.

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

## **Department of Housing and Community Development**

Housing, shelter and fuel assistance

<https://www.mass.gov/orgs/executive-office-of-housing-and-livable-communities>

Division of Housing Stabilization 877-418-3308

Fuel Assistance and Weatherization 800-632-8175

Division of Public Housing and Rental Assistance 617-573-1150

## **Rent or mortgage help**

<https://www.mass.gov/applying-for-rental-assistance-in-massachusetts-to-avoid-eviction>

## **U.S. Department of Housing and Urban Development**

Housing support

<https://www.hud.gov/>

**Young Adult Support Programs** in Lawrence (YouForward), Everett (YouForward) and Lowell (YouthQuake) serving young adults, 16-26

<https://vinfen.org/services/young-adult-services/young-adult-access-centers/>

## **Emergency Family Shelter**

**866-584-0653**

Winter response- No one will be turned away

Access program for emergency transitional and sober housing, open 9am-5pm

## **Metropolitan Boston Housing Partnership**

1411 Tremont St. Boston

617-859-0400

## **Family Promise Metrowest- Life Program**

Homelessness prevention program for families

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

## **Rosie's Place**

food programs, shelter, essential services, wellness

889 Harrison Ave, Boston

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



### **Action for Boston Community Development, Inc.**

<https://bostonabcd.org/service/abcd-connect/>

Housing, immigration, energy assistance, food and clothing, referrals for Christmas assistance

### **Homes for all Massachusetts**

<https://homesforallmass.netlify.app/help/>

### **Emergency Family Shelter**

<https://www.mass.gov/how-to/find-emergency-family-shelter>

### **Homeless Youth Handbook- resources for adults too**

<https://www.homelessyouth.org/en/us/massachusetts>

**Shelters:** The shelter system is still up and running but local offices may be closed. Shelter applications should be done by phone at 1-866-584-0653.

### **St. Vincent de Paul- Marlboro**

Housing and basic need support

<https://stmattpar.org/st-vincent-de-paul>

### **Boston Emergency Shelter Commission**

617-635-4507

<https://www.boston.gov/government/cabinets/boston-public-health-commission/homeless-services/emergency-shelter>

### **Haley House**

**Affordable housing resources**

<http://haleyhouse.org/what-we-do/food-programs/soup-kitchen/>

### **Boston Night Center**

<https://www.baycovehumanservices.org/homeless-services>

### **Y2Y**

1 Church Street Cambridge

Daily lottery for nightly and monthly beds for young adults 18-24

617-864-0795

<https://www.y2ynetwork.org/>

## **Boston Rescue Mission**

39 Kingston St Boston  
Shelter, Meal Programs  
617-338-9000

<https://www.brm.org/preventing-homelessness>

## **LUK, Inc. Worcester**

youth , adult and family support

<https://luk.org/services/counseling-mainmenu-396>

## **Father Bill's and Mainspring-Brockton, MA**

<https://helpfbms.org/help/>

## **Eviction Prevention/Rental Assistance programs:**

### **Rent or mortgage help**

<https://www.mass.gov/applying-for-rental-assistance-in-massachusetts-to-avoid-eviction>

### **Department of Housing and Community Development**

<https://www.mass.gov/orgs/housing-and-community-development>

### **City of Framingham**

Tenant Based Rental Assistance Program

Utility, rent and mortgage funds

[communitydevelopment@framinghamma.gov](mailto:communitydevelopment@framinghamma.gov)

508-532-5457

### **Family Aid Boston**

617-635-4500 or

**Dial 311** for City of Boston Service Center

<https://familyaidboston.org/>

### **MA Legal Resource Finder**

<https://masslrf.org/en/home>

Eviction assistance [a FAQ on housing issues](#).

## **MA Eviction Legal Services and Mediation**

<https://www.mass.gov/info-details/eviction-legal-services-and-mediation>

## **Legal help finder**

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

## **MA Rental Assistance/RAFT**

<https://www.mass.gov/applying-for-rental-assistance-in-massachusetts-to-avoid-eviction>  
508-620-2327

## **Home Heating and Energy Assistance**

<https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>

## **City of Boston Rental Assistance**

<https://www.boston.gov/departments/housing/office-housing-stability/rental-relief-fund>

## **Emergency Rental Assistance for tribal households**

<https://mashpeewampanoagtribe-nsn.gov/transitional-housing-and-shelter-application>

## **Facing eviction?**

<https://www.mass.gov/guides/facing-eviction-we-can-help>

## **Metro Housing- Boston**

Eviction prevention- help with utilities, mortgages and rent

Approval is not contingent on immigration status

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

## **Home Start Line**

Eviction Prevention Hotline

Walk-in hours Wednesdays 3-4:30pm for housing search consultation

1-857-415-2900

<https://www.homestart.org/about>

## **Section 8 Housing**

Federal housing application

. <https://www.mass.gov/service-details/rental-assistance-applications-documentation>

## **Local Housing Authority**

List of units by town

<https://www.mass.gov/service-details/local-housing-authority-contact-listing>

## **CHAMP**

MA housing application

<https://www.mass.gov/guides/how-to-apply-for-public-housing>

## **HousingWorks**

Housing advocates: <https://www.housingworks.net/applicants>

## **Caritas Communities**

<https://caritascommunities.org/our-programs/permanent-housing/>

## **Student Housing:**

**Community Housing sites for students-** Rooms, apartments and roommates

College Rentals: <https://www.collegerentals.com/city/ma-boston/housing-finder>

Nesterly: <https://app.nesterly.com/search/boston>

Spoteasy.com: <https://www.spoteasy.com/>

## **Housing resources for International Students**

<https://s3.amazonaws.com/massbayedunew/international/housing-resource-list-for-students.pdf>

## **Student Scholarships:**

**Fast Web:**<https://www.fastweb.com/>

**Big Future:**

<https://bigfuture.collegeboard.org/scholarship-search/scholarship-list>

**Scholly Search:**<https://myscholly.com/search/>

**United Negro College Fund:** <https://uncf.org/>

## **Financial support:**

### **Department of Transitional Assistance**

**TAFDC (Transitional Aid for Families with Dependent Children)**

<https://www.mass.gov/orgs/department-of-transitional-assistance>

300 Howard St Framingham

2201 Washington St Roxbury

1010 Mass Ave Boston

Food and economic assistance Mondays- Fridays 8-5pm

Case management, information and referrals

<https://www.mass.gov/orgs/department-of-transitional-assistance>

### **MA fuel Assistance**

**LIHEAP (home heating and energy assistance)**

<https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>

<https://www.mass.gov/service-details/learn-about-fuel-assistance>

### **Utility Assistance Programs**

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

### **Comprehensive Resources for Immediate Help**

<https://www.211.org/>

**Find food assistance, help paying bills and other free reduced cost programs**

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

## **Federal Benefit Finder**

<https://www.benefits.gov/benefit-finder>

## **Mass.gov Childcare Voucher and transportation assistance**

<https://www.mass.gov/service-details/get-childcare-and-transportation-help>

**Yad Chessed social services in Waltham for Jewish community** in need of financial support and basic needs. contact Yad Chessed at (781) 487-2693 or [intake@yadchessed.org](mailto:intake@yadchessed.org)

## **Jewish Family & Children's Services**

### **Emergency Assistance Program**

<https://www.jfcsboston.org/Our-Services/Community-Services/Basic-Needs>

781-647-5327 ask for emergency assistance intake-line

## **Unafraid Scholarship**

For undocumented Boston Public School graduates

<https://unafraideducators.org/unafraid-scholarship/>

## **Medical Care resources:**

### **MassHealth**

[www.mass.gov/masshealth](http://www.mass.gov/masshealth) 1-800-841-2900

## **MA Immigrant and Refugee Coalition (MIRA)**

### **Health care resources**

<https://miracoalition.org/resources/health-social-services/>

## **Free Medical Care Framingham**

<https://gratishealth.org/home-en/>

## **The Latino Health Insurance Program**

508-875-1237

88 Waverly St. #1

Framingham

## **Free Medical Care**

Metrowest Free Medical Program for adult, women and vision care

Sudbury and Marlborough

<https://metrowestfreemedicalprogram.org/for-patients>

### **Free Medical Care**

St. Ann Catholic Church, Shrewsbury Tuesdays 6-8

<https://www.worcesterfreecare.org/medical-programs/st-annes>

### **Healthcare for All**

<https://hcfama.org/>

### **Planned Parenthood**

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

### **Patient Advocate Foundation- medical expense relief**

<https://copays.org/funds/covid-19/>

### **GoodRx**

Prescription coupons and best prices

[https://www.goodrx.com/?gclid=CjwKCAjwgbLzBRBsEiwAXVlygNg7cWONVDW6NPsR1AoaY7Xt-YCLVag0dXtsDfF08oGoh6Wm49xFqhoCVtAQAvD\\_BwE](https://www.goodrx.com/?gclid=CjwKCAjwgbLzBRBsEiwAXVlygNg7cWONVDW6NPsR1AoaY7Xt-YCLVag0dXtsDfF08oGoh6Wm49xFqhoCVtAQAvD_BwE)

### **WellRx**

Discount prescription medication

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

### **Massachusetts College of Pharmacy and Health Sciences**

Pharmacy Outreach Program (886)-633-1617

<https://www.mcphs.edu/patient-centers-and-clinics/pharmacy-outreach-program>

### **Therapist**

**Hello Alma** <https://helloalma.com/>

Find a therapist who fits your needs and takes your insurance

### **Treatment Connection Resource Directory**

[MA BHHL Treatment Connection Resource Directory | Massachusetts Behavioral Health Help Line \(masshelpline.com\)](#)

## **Legal Services:**

### **Mass Legal Help**

[Massachusetts Legal Help \(masslegalhelp.org\)](https://masslegalhelp.org)

### **Legal Help Finder**

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

### **Second Step**

Legal advocacy, safety planning, counseling and transitional housing

<https://thesecondstep.org/>

### **Greater Boston Legal Services**

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

### **MA Legal Services**

<https://masslrf.org/en/home>

## **Domestic Violence Service Agencies:**

### **National Domestic Violence Hotline**

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

Open 24/7/365

@ndvh by chat 1-800-799-7233

### **Victim Rights Law Center**

<https://victimrights.org/>

### **The Women's Bar Foundation**



Free legal services for survivors of domestic abuse

<https://wbawbf.org/wbf>

## **Domestic Violence Services**

**Network**

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

### **DVVAP Warm line**

Advocates will return your call.

888-399-6111

**NewHope** -domestic and sexual abuse support

24 hour confidential hotline, emergency hotline, counseling, safeplan

<https://www.new-hope.org/domestic-violence/>

**Dove-** domestic violence ended

Free and confidential support

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

**Reach MA**, Waltham, MA <https://reachma.org/what-we-do/>

**The Second Step**, Newton, MA <https://thesecondstep.org/>

**Voices Against Violence**, Framingham, MA

<https://www.smoc.org/voices-against-violence.php>

**Casa Myrna**, Boston <https://casamyrna.org/>

**Rosie's Place**, Boston, MA <https://www.rosiesplace.org/>

**The NetworklaRed** Boston,MA LGBTQ survivor-led organizing to end partner abuse

<http://www.tnlr.org/en/resources/>

### **SAFELINK**

Services are free and confidential

877-785-2020

TTY: 877-521-2601

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

**Jane Doe, Inc.**

[https://www.janedoe.org/find\\_help/](https://www.janedoe.org/find_help/)

## **Gifts of Hope**

Home goods, groceries and emergency funds for victims of domestic violence

<https://www.giftsofhopeunlimited.org/what-we-do/>

**The bIRch House-** a resource for adult female survivors of incest and childhood sexual abuse.

<https://birch-house.org/>

## **Free Immigration Consultations:**

### **Citizenship for New Americans**

<https://www.boston.gov/calendar/free-immigration-consultations>

### **Jewish Family Services**

Free assistance with citizenship process for lawful permanent residents (green card holders).

<https://jfsmw.org/immigrant/citizenship-assistance/>

### **MIRA**

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

**Project Citizenship** <https://projectcitizenship.org/>

### **MA Immigration and Refugee Advocacy Coalition**

Immigration Legal Services

<https://miracoalition.org/resources/legal-services/>

### **Kids In Need Of Defense (KIND)**

<https://masslrf.org/en/programs/view/kind>

## **Holiday Supports:**

Contact your local pantry for information about Thanksgiving meals/provisions. Page 5 has pantry information about holiday provisions.

## **Salvation Army Angel Tree**

<https://saangeltree.org/>

## **Globe Santa**

<https://globesanta.org/aboutreq.aspx#request> DTA verification.

**Applications due Nov. 1**

Gifts for children up to age 12

## **My Brother's Keeper**

<https://www.mybrotherskeeper.org/christmas/>

Gifts for the whole family

## **Toys For Tots**

Call 211 or 1-800-887-1107 for a referral

## **United Way**

<https://christmasassistancehelp.com/united-way-christmas-assistance-programs/>

Hope for the Holiday gift giving program- Christmas assistance program

## **The Society of St. Vincent de Paul**

<https://www.svdpboston.org/how-to-get-help/>

## **Project Bread**

<https://www.projectbread.org/get-help>

Referrals to Thanksgiving and Christmas programs

## **East End House**

<https://eastendhouse.org/>

Cambridge

Food pantry T, F 1-2pm, benefit eligibility program, toy drive for holidays

## **WIFI resources:**

## **TruConnect**

**Lifeline:** subsidized cell phone services <https://www.truconnect.com/lifeline>

## **Cox**

**Internet:** <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>

## **Substance Abuse Treatment:**

### **Substance Abuse counseling-Advocates**

<https://www.advocates.org/>  
[\(508\) 628-6300](tel:5086286300)

### **In The Rooms- A global recovery community**

Free on-line recovery tools

<https://www.intherooms.com/home/>

## **Resources for your home:**

### **Welcome Home**

free home goods for the kitchen, bedroom, bath and living spaces

Newton Center

<https://www.welcomemomass.org/place-a-request.html>

5-6 week waiting list

### **Furniture Banks**

New Life Furniture Bank, Walpole, MA <https://newlifefb.org/need-furniture/>

Household Goods Acton, MA <https://householdgoods.org/receive/>

Fresh Start Furniture Bank, Hudson, MA <https://freshstartfurniturebank.org/>

Habitat ReStores-<https://www.habitatmwgw.org/restore/>

Mission of Deeds- <https://www.missionofdeeds.org/client-services/>

## **Misc. Resources:**

### **Automotive Services**

<https://www.keefetech.org/community/automotive-services>

### **Catholic Charities of Boston**

275 West Broadway Boston

617-268-9670

Mentoring, childcare, counseling, shelter and interpreter services

### **Childcare resources**

<https://www.sevenhills.org/programs/resources-for-parents-families>

### **A Bed For Every Child**

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

### **Resources for pregnant women**

<https://birthright.org/framingham>

### **Free EpiPens with a prescription**

<https://www.auvi-q.com/get-auvi-q>

### **Veterinary care for low-income individuals receiving SNAP or WIC**

Worcester Vocational Technical High School and Tufts Veterinary Care

### **Massachusetts Pantries with pet food and Pet Food Pantries**

[Massachusetts Pantries with Pet Food/Pet Food Pantries • MSPCA-Angell](#)

### **Canton Pet Pantry**

<https://www.town.canton.ma.us/958/PET-PANTRY>

### **Women's Money Matters**

Financial Literacy for Women

<https://womensmoneymatters.org/our-programs/>

## **Discounted Grocery Stores:**

**Daily Table**

450 Washington St. Dorchester

474 River St. Mattapan

<https://dailytable.org/>

**Price Rite**

870 River St, Hyde Park

**Brother's Supermarket**

<https://www.brotherssupermarkets.com/brothers-supermarket-american-legion/>

**Save-A-Lot**

<https://savealot.com/>

**Aldi Medford**

<https://www.aldi.us/stores/en-us/Search?SingleSlotGeo=Medford%2C%20MA%2C%20USA&Mode=None>

**Dollar Tree**

<https://www.dollartree.com/store-locator>

If you have any trouble navigating these resources or need more help identifying resources in your area, contact, **Marybeth Fletcher** at [mfletcher@massbay.edu](mailto:mfletcher@massbay.edu)