

Mental Health & SUD Resources

Arlington Youth Counseling Center

Outpatient and school-based mental health services including individual, group, and family counseling, psychiatric evaluation and medication management.

Whittemore Robbins House
670R Massachusetts Avenue
Arlington MA 02476
(781) 316-3260 |

<https://www.arlingtonma.gov/departments/health-human-services/arlington-youth-counseling-center-aycc>

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North Charles Inc.

Addiction counseling and outpatient mental health care.
54 Washburn Ave.

Cambridge, MA. 02140

(617) 864-0941 | <http://www.northcharles.org/>

Riverside Community Care

Outpatient individual, group and family counseling, treatment planning and consultation, medication, substance use treatment

117 Summer Street
Somerville, MA 02143

617-354-2275 | <https://www.riversidecc.org/>

McClean Hospital

Residential treatment centers for substance use disorder and psychiatric illness

115 Mill Street
Belmont MA 02478

617-855-3141 | <https://www.mccleanhospital.org/treatment>

CASPAR, Inc.

Residential programs for addiction treatment

11 Russell Street
North Cambridge MA 02140

617.661.6020 |
<https://www.baycovehumanservices.org/caspar-residential-services-for-men-and-women>

Mount Auburn Hospital Prevention and Recovery Center

Alcohol, substance abuse, and gambling addiction treatment

330 Mount Auburn Street
Cambridge MA 02138

617-492-3500 |

<https://www.mountauburnhospital.org/care-treatment/prevention-recovery/>

Cambridge Health Alliance

Outpatient therapy, psychiatric emergency and acute hospital care.

26 Central Street, Somerville MA 02143

617-591-6033 |

<https://www.challiance.org/location/central-street-care-center>

Metro Boston Recovery Learning Community

Peer support, advocacy, education and training

153 South Street 2nd floor
Somerville MA 02143

617-863-5388 | <https://www.mbrlc.org/csrlc>

Edinburg Center

Mental health, co-occurring substance use developmental disabilities, and brain injury treatment

205 Burlington Road
Bedford MA 01730

781-862-3600 | <https://www.edinburgcenter.org/>

Nutrition Resources

Arlington Eats

Culturally appropriate food

Saint John's Church

74 Pleasant St

Arlington, MA

339-707-6757 | <https://www.arlingtoneats.org/>

St. Raphael's Food Pantry

Assorted groceries

38 Boston Avenue

Medford MA

781-483-3373 | <https://www.saintraphaelparish.org/food-pantry>

Arlington Council on Aging

Congregate meals, nutrition sites, and home delivered meals.

27 Maple Street

Arlington MA 02476

(781) 316-3401 |

<https://www.arlingtonma.gov/departments/health-human-services/council-on-aging>

The Community Cupboard Food Pantry

Thursday evening food pantry

147 High Street

Medford MA 02155

781-396-4549 | <https://uumedford.org/connection/food-pantry/>

Somerville Cambridge Elder Services

Congregate meals, nutrition services, and home delivered meals

61 Medford Street

Somerville, MA 02143

617-628-1705 | <https://eldercare.org/find-what-you-need/nutritionandmeals/>

The Jenks Center

Lunch with transportation on Mondays, Wednesdays, and Fridays

109 Skillings Road

Winchester, MA 01890

(781) 721-7136 | <https://www.jenkscenter.org/jenks-nutrition>

Belmont Council on Aging

Congregate meals, nutrition sites, and home delivered meals.

266 Beech Street

Belmont MA 02478

617-993-2970 |

<https://www.belmont-ma.gov/council-on-aging>

Medford Council on Aging

Congregate meals, nutrition sites, and home delivered meals.

101 Riverside Avenue

Medford MA 02155

781-396-6010 |

<http://www.medfordma.org/departments/council-on-aging/>

Friends of Francis Food Pantry

Food pantry

441 Fellsway West

Medford MA 02155

781-396-3400 | <https://www.medfordcollaborative.org/>

St. James Episcopal Helping Hand Food Pantry

Fresh, frozen, and packaged grocery items

364 Rindge Ave

Cambridge, MA 02140

617-547-4070 |

<https://www.stjamescambridge.org/ministries-1>

Sexual and Domestic Violence Resources

Emerge

Counseling and education for men; domestic violence intervention programs, spouse/domestic partner abuse prevention, domestic violence support groups, anger management and spouse/domestic partner abuse counseling.
2464 Massachusetts Avenue Suite 101
Cambridge MA 02140
617-547-0904 | <https://www.emergedv.com/>

Respond, Inc.

Individual counseling and support groups
P.O. Box 555
Somerville MA 02143
617-623-5900 | <https://harborcov.org/>

Cambridge Women's Center

Free classes and workshops for women
46 Pleasant Street
Cambridge MA 02139
617-354-6394 | <https://www.cambridgewomenscenter.org/>

Transition House

24-hour domestic violence hotline support
P.O. Box 342016
Cambridge MA 02139
(617) 868-1650 | <http://transitionhouse.org/>

Boston Area Rape Crisis Center

Assistance navigating health-care, criminal legal, social service, and school systems.
99 Bishop Allen Drive
Cambridge MA 02139
800-841-8371 | <https://barcc.org/>

**Massachusetts Alliance of Portuguese Speakers
Domestic Violence and Sexual Assault Services**

Crisis intervention, safety planning, information, guided referrals, medical and legal advocacy,
697 Cambridge Street Suite 203
Brighton MA 02135
617-787-0557 | <https://maps-inc.org/cause/domestic-violence-sexual-assault-advocacy/>

REACH Beyond Domestic Violence

Domestic violence shelters, dating violence prevention, domestic violence intervention programs, spouse/domestic abuse prevention, legal counseling and support groups.
P.O. Box 540024
Waltham MA 02454
781.891.0724 | <https://reachma.org/who-we-are/>

Family Justice Center

Domestic violence investigation, advocacy and victim support.
989 Commonwealth Ave.
Boston MA 02215
617-779-2100 | <https://bpdnews.com/fjc/>

Transportation Resources

SCM Community Transportation

Medical transportation, disabled transportation, grocery transportation and going to visit loved ones in nursing homes and the hospital for seniors and disabled individuals

167 Holland Street

Somerville MA 02144

617-625-1191 | <http://scmtransportation.org/>

Department of Developmental Services

Disability-related transportation.

255 Elm Street Suite 205

Somerville MA 02144

617-623-5950 |

<https://www.mass.gov/orgs/department-of-developmental-services>

Mystic Valley Elder Services

Transportation services for older adults and adults living with disabilities

300 Commercial Street #19

Malden MA 02148

781-324-7705 |

<https://www.mves.org/services/transportation/>

Newton Senior Center / Council on Aging

Transportation to the Senior Center, medical appointments, houses of worship, grocery shopping, and to long-term care facilities within Newton.

345 Walnut Street

Newtonville MA 02460

617-796-1660 |

<https://www.newtonma.gov/government/seniors>

Brookline Council on Aging

Transportation Resources for residents of Brookline and Newton aged 60 or older.

93 Winchester Street

Brookline MA 02446

617-730-2777 |

<https://www.brooklinema.gov/245/Council-on-Aging>

US Department of Veteran Affairs

Reimbursements for mileage costs, costs for special transportation modes, or hired cars to access covered medical care.

J.F.K. Federal Building 14 Floor

Boston MA 02114

978-469-6878 |

<https://www.va.gov/healthbenefits/access/>

Soldier's Home

Disability-related transportation for veterans.

91 Crest Avenue

Chelsea MA 02150

617-884-5660 |

<https://www.mass.gov/orgs/soldiers-home-in-chelsea>

Massachusetts Bay Transit Authority The Ride

Door-to-door, shared-ride transportation to individuals with temporary or permanent disability.

10 Park Plaza

Boston MA 02116

617-337-2727 |

<https://www.mbta.com/accessibility/the-ride>

Income Assistance, Work, Education Resources

Somerville Public Library

English classes
79 Highland Ave
Somerville MA 02143
617-623-5000 |
<https://www.somervillepubliclibrary.org/services/esl>

Somerville Center for Adult Learning Experiences

English Language and High School Equivalency Test classes.
167 Holland Street
Somerville MA 02144
617-629-5500 | <https://somerville.k12.ma.us/adult-learning/somerville-center-adult-learning-experiences-scale>

MassHire Metro North Career Center

Job listings, job matching, referral to educational opportunities and job training programs; Youth career center
186 Alewife Brook Parkway Suite 310
Cambridge MA 02138
617-661-7867 | <https://masshiremncareers.com/>

Centro Presente – Adult Education

English language and citizenship exam classes to Latin American immigrants.
17 Inner Belt Road
Somerville MA 02143
617-629-4731 | <http://cpresente.org/>

Community Action Agency of Somerville, Inc.

Tax assistance program and adult education classes including English
66-70 Union Square #104
Somerville MA 02143
617-623-7370 | <https://www.caasomerville.org/>

The Welcome Project

College readiness workshops, English classes, computer skills classes, homework help, and civic engagement opportunities
530 Mystic Avenue Number 111
Somerville MA 02145
617-623-6633 | <https://www.welcomeproject.org/>

Gardner Pilot Academy

English classes
30 Athol St
Allston MA 02134
617-635-8365 | <https://gpaesol.com/>

Catholic Charitable Bureau of the Archdioceses of Boston, Inc.

Adult and Youth Education programs (including English and GED).
77 Salem Street
Malden MA 02148
781-397-1556 | <https://www.ccab.org/>

Boston Centers for Youth & Families

English Language and High School Equivalency Test classes
500 Cambridge St.
Allston MA 02134
617-635-5153 | <https://www.boston.gov/health-and-human-services/bcyf-adult-education>

City of Cambridge Community Learning Center

English classes, Citizenship classes, Basic reading, writing, and math classes and preparation for a high school diploma.
5 Western Avenue
Cambridge MA 02139
617-349-6363 |
<https://www.cambridgema.gov/DHSP/programsforadults/communitylearningcenter>

Utilities & Housing Resources

Arlington Housing Authority

Direct housing in government-owned developments and subsidized housing in privately-owned dwellings

4 Winslow Street
Arlington MA 02474
781-646-3400 |

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

Arlington Heating Assistance Program

Fuel cost assistance

27 Maple Street
Arlington MA 02476
781-316-3400 |

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

Heading Home, Inc.

Emergency shelter, transitional housing, permanent housing

529 Main Street, Suite 100
Charlestown, MA 02129
617.864.8140 |

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

Somerville Homeless Coalition

Emergency shelter for adults and families.

14 Chapel Street
Somerville MA 02144
617-623-2546 |

<https://somervillehomelesscoalition.org/shelter/>

Medford Housing Authority

Affordable rental housing units and rental subsidies

121 Riverside Avenue
Medford MA 02155
781-396-7200 |

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

Belmont Housing Authority

Housing assistance for low-income families, veterans, and the elderly.

59 Pearson Road
Belmont MA 02478

617-484-2160 | <https://www.belmont-ma.gov/housing-authority>

Winchester Housing Authority

Public housing units; housing vouchers.

13 Westley Street
Winchester MA 01890

781-721-5718 | <http://www.winchesterha.org/Home.aspx>

Lexington Housing Authority

Low Rent Public Housing; Housing Choice Voucher Program – Section 8.

1 Countryside Village
Lexington MA 02420

781-861-0900 | <http://www.lexingtonhousing.org/>

First Church Shelter

Shelter for men with meals, showers and personal storage facilities

11 Garden Street
Cambridge MA 02138

617-661-1873 | <https://www.firstchurchcambridge.org/first-church-shelter/>

Somerville Housing Authority

Subsidized housing

30 Memorial Road
Somerville MA 02145

617-625-1152 | <http://sha-web.org/>