

MASSACHUSETTS
Resource Guide
for Fathers

FP **The Fatherhood Project**
Connecting fathers and children

FROM, *the Players*  NATIONAL BASKETBALL PLAYERS ASSOCIATION **FOUNDATION**

Introduction

As a clinical psychologist, Executive Director of The Fatherhood Project, and the father of two children, I know that fathers play a key role in shaping the lives of our children. Overwhelmingly, the most current research shows that when children feel emotionally connected with their dads, they do better in school and are less likely to become engaged with the criminal justice system. They are also less likely to use drugs and alcohol and suffer from depression. In short, they are more likely to become fully functioning, healthy adults. Studies also show that men who have warm, nurturing relationships with their children are themselves physically healthier, less depressed and more successful in their marriages and careers. In other words, an emotionally close father-child relationship not only serves as a significant protective factor against high risk behaviors, but it is also a potential source of health for the entire family. Children need their fathers and fathers need their children.

Fathers are increasingly on the front lines of childcare, and we at The Fatherhood Project and the National Basketball Association Players Association Foundation are pleased to provide these dads and the organizations that work with them the Massachusetts Resource Guide for Fathers. Here, you will find national, statewide, and community-based resources that can support you in your role as a parent and caretaker. Whether you need help meeting your family's needs, caring for your children, or supporting your own health and well-being, there is a resource that can help. The Guide is very comprehensive and the Table of Contents will serve to help you find your way to a resource that serves your needs. At the end of the Guide you will find 5 Tips for Dads, a list of tools to help fathers deepen their connection with their children.

Thank you to the NBA Players Association and all of our community partners who understand the critical role fathers play in the lives of their families, and who work to support them each step of the way. Finally, thank you to all fathers out there striving to be the best dads they can be for their children. Fathers change the world!

Raymond Levy, PsyD
Executive Director
The Fatherhood Project
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Acknowledgements

This guide was made in partnership with the National Basketball Player's Association's Everyday Dad Initiative, which seeks to support and reinforce messages and behaviors that lead to fathers taking active roles in the healthy development of their children. Learn more about the initiative at <https://everydaydad.nbpa.com/about/>

How to Use this Guide

The resources in this guide are organized into three main sections:

1. National organizations
2. State government & Statewide Organizations
3. Local Organizations

To make finding specific resources easier, the local organizations are listed by county, and both state and local organizations are sorted into the following categories: Wraparound services, Adult Education/Career Training, Basic Needs, Childcare, Healthcare, Mental Health/Addiction Services, and Parenting Support/Child Development.

The Fatherhood Project provides Parenting Support and Child Development assistance to Suffolk, Middlesex, and Essex Counties and provides news and information for fathers online.

The Fatherhood Project

Website: <http://www.thefatherhoodproject.org/>

Email: connect@thefatherhoodproject.org

Telephone: 617-724-2044

The Fatherhood Project (TFP) is a non-profit fatherhood program at Massachusetts General Hospital. Their mission is to improve the health and well-being of children and families by empowering fathers to be knowledgeable, active, and emotionally engaged with their children. To achieve this mission, TFP designs and delivers programs using their innovative curriculum centered in evidence-based principles. They work with all fathers while focusing on underserved, at-risk populations. Programs include: Dads in Recovery, Divorcing Dads, Teen Dads, Dads Matter in Pediatrics, and Dads Matter in Obstetrics.

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Organizations who provide services specifically for fathers have been highlighted with blue boxes throughout the guide.

National Organizations

Family Equality Council

Website: <https://www.familyequality.org/>

Email: emcgranachan@familyequality.org

Family Equality Council connects, supports, and represents parents who are lesbian, gay, bisexual, transgender and queer in this country and their children.

Healthy Children

Website: <https://healthychildren.org>

The American Academy of Pediatrics online guide for parents, providing pediatrician recommended general information related to child health and more specific guidance on parenting issues.

Kids in the House

Website: <https://www.kidsinthehouse.com/>

Telephone: 310-899-6026

The world's largest parenting video library with over 8,000 videos from 450 of the top parenting experts from all over the United States.

Men's Health Network

Website: www.menshealthnetwork.org

Email: info@menshealthnetwork.org

Telephone: (202) 543-6461 Ext. 101

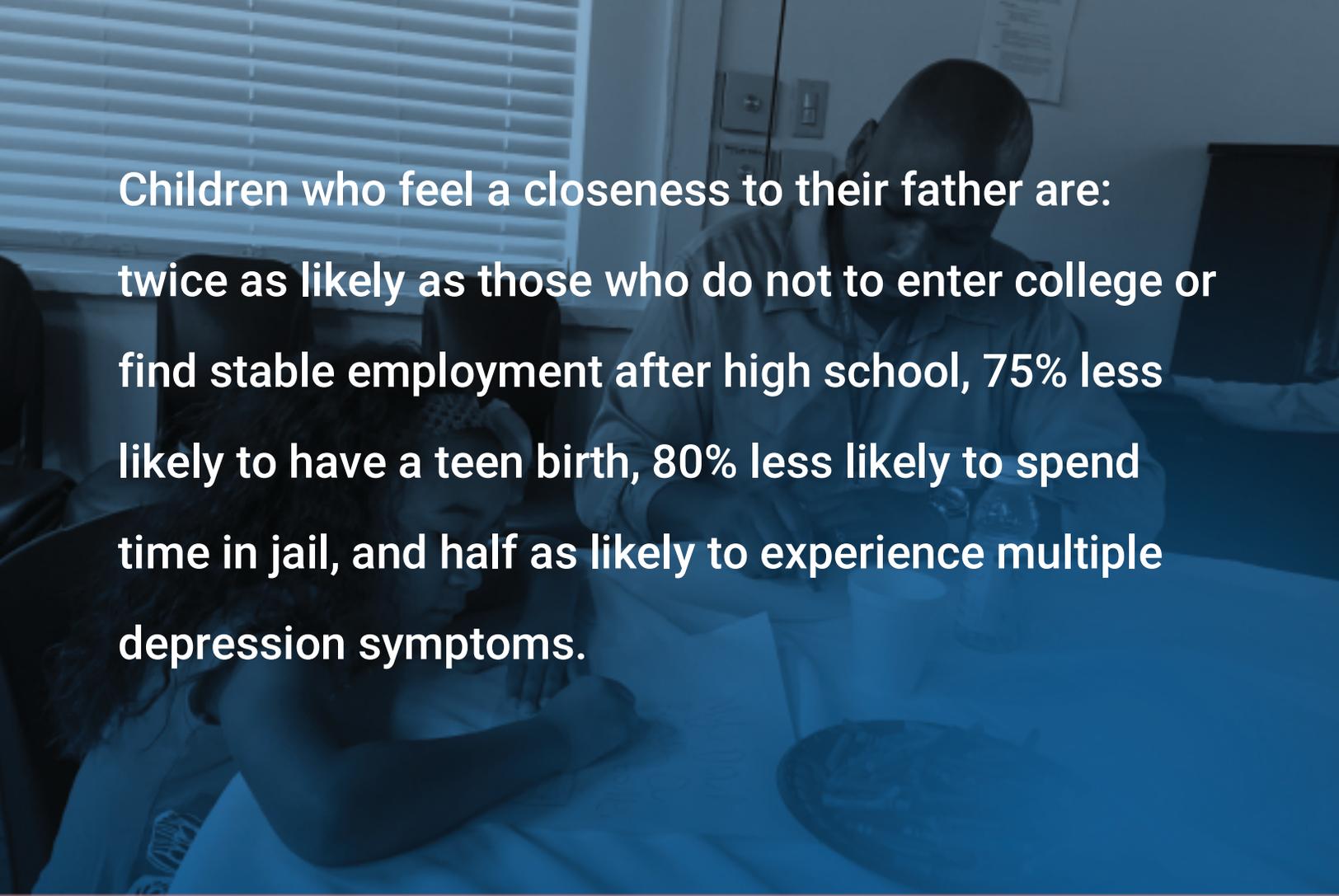
Men's Health Network's mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.

National Head Start Association

Website: <https://www.nhsa.org/>

Telephone: 703-739-0875

Head Start supports families facing difficult circumstances and seeks to mitigate obstacles to learning in the early years. Services include: education, immunizations, dental, medical, mental health, and nutritional services, and providing outreach to families.



Children who feel a closeness to their father are: twice as likely as those who do not to enter college or find stable employment after high school, 75% less likely to have a teen birth, 80% less likely to spend time in jail, and half as likely to experience multiple depression symptoms.

National Responsible Fatherhood Clearinghouse

Website: <https://www.fatherhood.gov/>

Email: john.allen@acf.hhs.gov

Telephone: 1-877-432-3411

This government funded resource offers a website for fathers looking for tips, hints and even deals for dads and kids.

Office of Child Support Enforcement

Website: <https://www.acf.hhs.gov/css/parents>

The child support program locates parents, establishes paternity, and works with families to set child support orders.

Postpartum Support International

Website: <http://www.postpartum.net/get-help/resources-for-fathers/>

Telephone: 1-800-944-4773

PSI offers counseling and resources for fathers who are suffering from or with partners suffering from Postpartum Depression. Services are offered over the phone and online.

WhyHunger hotline

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

Telephone: 1(800) 5-HUNGRY

The WhyHunger Hotline refers people in need across the U.S. to food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations, especially those that provide access to nutritious foods and nutritional support services.

State Government and Statewide Organizations

Wraparound Services

Catholic Charities of Boston

Website: <http://www.ccab.org/>

Telephone: 617-482-5440

Catholic Charities of Boston offers nearly 90 programs and services in 27 locations around Eastern Massachusetts. Catholic Charities can help with: basic needs, childcare, counseling, community interpreter services, education, family support, mentoring & tutoring, refugee services and shelter.

Jewish Family and Children Services (JFCS)

Website: <http://www.jfcsboston.org/>

Email: info@jfcsboston.org

JFCS offers support for parents and children through personalized, comprehensive services. Programs include: early connections, infant-parent training institute, parent consultations, support groups, and children's behavioral health services.

Mass 2-1-1

Website: <http://mass211.org/>

Telephone: 1-877-211-MASS (6277)

Available 24 hours a day, 7 days a week, Mass 2-1-1 connects callers to information about critical health and human services available in their community. It serves as a resource for

finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources.

Justice Resource Institute (JRI)

Website: <https://jri.org/>

Telephone: 781-559-4900

JRI is dedicated to addressing the most confounding challenges of both the human services and educational systems and the persons and families these systems were created to serve. Services include behavioral health and trauma services, child and adult educational services, developing abilities services, foster care services, and more.

Adult Education/Career Training

Massachusetts One-Stop Career Centers

Website: <https://www.mass.gov/service-details/what-career-centers-have-to-offer>

Massachusetts One-Stop Career Centers are located throughout the state and serve as a vital link between workers and employers. Services for job seekers include: job search assistance and access to online job listings, career counseling, and access to resources including PCs, reference materials, resume building software, and economic data.

Training Resources of America, Inc.

Website: <http://www.tra-inc.org/TRA-at-40>

Telephone: Multiple, see website

Training Resources of America Incorporated (TRA) is a private, non-profit organization that provides quality education, employment and training services in Massachusetts. Services include a Young Parents Program and a Young Parents Demonstration Program. These programs are designed to help young parents further their education, career, and personal development."

Basic Needs

Cradles to Crayons

Website: <https://www.cradlestocrayons.org/boston/family-assistance/>

Cradles to Crayons helps families get the everyday essentials their children need. Cradles to Crayons distributes children's items through a network of Service Partners who are already in the community, working directly with families. There are two ways for you to obtain needed items from Cradles to Crayons: If your family is already receiving services from one of our Service Partners, ask your social worker or case manager if they can place an order for you. If you are not receiving services from a Cradles to Crayons Service Partner, get in touch with one of the organizations in the list on their website to see if you qualify for their services.

Department of Transitional Assistance: Supplemental Nutrition Assistance Program (SNAP)

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

Telephone: 1-877-382-2363

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To receive SNAP, you must be low income and be a US citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and nonfinancial criteria.

Greater Boston Food Bank

Website: <https://www.gbfb.org/>

Telephone: 617-427-5200

The Greater Boston Food Bank partners with 550 hunger-relief agencies, such as food pantries, community meal programs and other food assistance providers throughout eastern Massachusetts. The GBFB also includes the Brown Bag Program, Kids Café, and other direct service programs. Visit their website to find food assistance near you.

Project Bread

Website: <http://www.projectbread.org/get-help/>

Telephone: 1-800-645-8333

Project Bread is committed to providing people of all ages, cultures, and walks of life with access to nutritious food. Finding out about the resources that are available—and taking advantage of them—are the first steps to keeping you and your family healthy. Project Bread works to fully enroll individuals in state and federal nutrition programs as well as refer callers to local food resources.

Salvation Army Locator

Website: <http://massachusetts.salvationarmy.org/MA/Feeding>

This online directory will help you find Salvation Army food services. The Salvation Army provides hot meals year-round for anyone in need. Free evening meals are available at various locations. Salvation Army food pantries provide groceries for families and individuals in need. Typically, individuals and families receive sufficient food to provide to feed everyone in the household for at least three full days. Food is free, but some locations require appointments, others are on a walk-in first come first serve basis.

The Massachusetts Coalition for the Homeless

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

Telephone: 781-595-7570

The Coalition provides a number of programs to assist those who are experiencing homelessness or at risk of homelessness. Services include temporary shelter/housing, pathways to education for children, and clothing for teenagers.

Childcare

Child Development & Education, Inc.

Website: <http://www.cdedu.us/index.html>

Telephone: Multiple, see website

Child Development & Education, Inc. oversees multiple in-home daycare settings. It provides curricula, support and "spot checks" to these facilities, can provide transportation for the children and has a separate contract for teen parents. It provides center-based education, care, health, and safety information, nutrition, and much more. Other services include helping families navigate the child care process and helping them access resources that will enhance their parenting, work, and home life.

Commonwealth Family Childcare

Website: <https://www.commonwealthfamilychildcare.net/>

Email: D.Sullivan@comfamcc.com

Telephone: 508-880-3556

Commonwealth Family Childcare, Inc. is a network of Family Child Care (FCC) homes joined together under the support and guidance of one agency. They can help you find a licensed home childcare.

Department of Early Education and Care

Website: <http://www.mass.gov/edu/government/departments-and-boards/department-of-early-education-and-care/>

Telephone: 617-988-6600

Provides financial assistance for childcare, guides for finding quality child care/early childhood education, and educational guides for families with infants-preschoolers to help their children reach their full potential.

Healthcare

Mass Men

Website: <https://massmen.org/>

Online resource for Massachusetts men to help them find information, discover tools, make decisions, and take action to address issues related to mental, emotional, and relational health. Provides online validated mental health screenings, and lists of mental health resources.

Massachusetts League of Community Health Centers: Find a Community Health Center

Website: <http://www.massleague.org/findahealthcenter/index.php>

Community health centers provide primary, preventive and dental care, as well as mental health, substance abuse and other community-based services to anyone in need regardless of their insurance status or ability to pay. In Massachusetts, 50 community health center organizations provide high quality health care to over 988,000 state residents through more than 300 sites statewide.

Massachusetts Society for the Prevention of Cruelty to Children (MSPCC)

Website: <https://www.mspcc.org/>

Telephone: 617-983-5800

MSPCC's comprehensive array of programs and services includes child abuse and intervention programs, mental health treatment, and adoption services. Services are provided both in the home and through community-based locations across the state of Massachusetts.

Mental Health/Addiction Services

Partnership for Early Childhood Mental Health

Website: <http://www.ecmhatters.org/Pages/ECMHMatters.aspx>

Telephone: 617-534-2631

The Early Childhood Mental Health Partnership's goal is to expand mental health services for children 0 to 8 and their families, and to build mental health awareness and capacity in all child serving programs and agencies. We provide professional and parent training programs and in our Boston pilot sites, direct services for families and children.

South Bay Community Services

Website: <https://www.southbaycommunityservices.com/>

Telephone: 508-521-2200

South Bay is a community-based, behavioral health care organization offering a continuum of services including adult behavioral health, substance abuse counseling, children's behavioral health, day services, autism services and early childhood services. They provide both outreach services, as well as a full range of services at 23 facilities throughout New England.

The Massachusetts Substance Use Helpline

Website: <https://helplinema.org/>

Telephone: 800-327-5050

The Helpline is the only statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. Their caring, trained specialists will help you understand the treatment system and your options.

The Massachusetts Substance Use Helpline Online Search

Website: https://mahelplineonline.custhelp.com/app/account/opa_interview

After you answer a few questions about your history and current needs, the site will display several treatment options and locations for you, along with detailed descriptions and contact information for each program.

Wayside Youth and Family Support Network

Website: <http://www.waysideyouth.org/Home.aspx>

Email: info@waysideyouth.org

Telephone: 508-879-9800

Wayside provides an array of mental health counseling and family support services to children, young adults and families. They work with families under significant stress due to mental illness, behavioral problems, addiction issues and other challenges. They also support youth who have experienced abuse, neglect and trauma. Wayside services are available in many Massachusetts communities.

Parenting Support/Child Development

Children's Trust

Website: <http://childrenstrustma.org/>

Email: info@childrenstrustma.org

Telephone: 617-727-8957

Children's Trust's mission is to stop child abuse in Massachusetts. Their programs partner with parents to help them build the skills and confidence they need to make sure kids have safe and healthy childhoods. **Programs specifically for fathers are available.**

Criterion Child Enrichment

Website: <https://www.criterionchild.com/>

Criterion child enrichment specializes in developmentally appropriate programs and services for young children and their families. They offer community-based developmental enrichment groups, childcare, early intervention and newborn home visiting programs.

Department of Children and Families

Website: <https://www.mass.gov/orgs/massachusetts-department-of-children-families>

Email: DCFCommissioner@state.ma.us

Telephone: 617-748-2000

DCF works toward establishing the permanency and well-being of children by providing supports and services to families at home when it is safe to do so. When necessary, DCF

provides foster care and, if parental reunification is not possible, finds new permanent families through kinship, guardianship or adoption.

Kennedy-Donovan Center

Website: <https://www.kdc.org/>

Telephone: Multiple, see website

KDC provides early intervention, family support, and case management services to children and families.

Massachusetts Court Approved Parent Education Programs

Website: <https://www.mass.gov/service-details/parent-education-programs>

A list of all of the Parent Education Programs approved by the Massachusetts Probate and Family Court.

Massachusetts Family Ties: Directory of Resources for Families of Children with Special Needs

Website: <http://massfamilyties.org/info/directory.php>

Family TIES of Massachusetts produces this annual Directory of Resources to assure everyone has access to the kinds of information that their staff offers to families and professionals who support children and youth with special needs.

Massachusetts Head Start Association

Website: <https://massheadstart.org/>

Email: info@massheadstart.org

Telephone: 508-561-7965

Providing **free** education, health, and social services for low-income families. Services include part and full day programs, placements in family childcare, and home-based services.

Massachusetts Home Visiting Initiative

Website: <http://www.mass.gov/eohhs/gov/departments/dph/programs/family-health/home-visiting/>

Email: Claudia.Catalano@State.MA.US

Families expecting a child, or families with young children, may be eligible to receive visits in their homes from a trained family support specialist. Visits are free and voluntary. They offer parenting and support groups **including fathers' groups**.

MGH Clay Center for Young Healthy Minds

Website: <http://www.mghclaycenter.org/>

Email: contact@mghclaycenter.org

Telephone: 617-643-1590

A web-based resource to help inform and educate parents and other caregivers about the psychological development and emotional well-being of children, adolescents, and young adults who struggle with behavioral, emotional, and/or learning challenges.

One Tough Job

Website: <http://www.onetoughjob.org/>

Connects parents in Massachusetts and beyond with the latest and greatest parenting information, ideas, and on-the-ground resources.

Parent child home

Website: <http://www.parent-child.org/our-program/find-a-pchp-near-you/>

The Parent Child Home Program is a home based early literacy, school readiness program serving families challenged by poverty, low education levels, language barriers and other obstacles to school success. Services include home visits by a trained home tutor, free quality books and toys, and a variety of family events and gatherings. This program strengthens the connections between child and parent while fostering a love for learning that will benefit the child throughout his/her life. There are 35 sites throughout MA.

Parents Helping Parents Hotline

Website: <https://www.parentshelpingparents.org/>

Telephone: 1-800-632-8188

Offers Parent Support Groups across the state, which are **free**, confidential, and anonymous. They request that you contact the group facilitator prior to attending your first meeting so that we know to expect you. Facilitator contact information is provided for each group. Parents and caregivers with problems related to their children can call their Parental Stress Line for support. Trained volunteer counselors who are sympathetic and nonjudgmental are available to help 24 hours a day, 7 days a week.

Raising a Reader

Website: <https://raisingareaderma.org/>

Telephone: 617-292-BOOK (2665)

Raising A Reader MA offers an evidence-based early literacy program that helps families of young children (ages 0-6) develop, practice, and maintain habits of reading together at home. They give parents the strategies they need to share books effectively with their young children.

Thom Child and Family Services

Website: <http://www.thomchild.org/>

Telephone: 508-655-5222

Thom Child and Family Services works with over 13,000 infants, toddlers, and families throughout Massachusetts – providing critical Early Intervention and related services. They are committed to working collaboratively with families, child care providers, and other professionals to facilitate each individual child's development.

Local Organizations

Barnstable County

Wraparound Services

Community Action Committee of Cape Cod

Website: <http://www.cacci.cc/index.html>

Telephone: 508-771-1727

CACCI is a private not for profit agency dedicated to helping low income individuals and families living on the Cape and Islands attain and or retain their self-sufficiency. They provide a comprehensive and effective continuum of programs and services including: child care assistance information (referrals and vouchers); access to health care (enrollment and primary care provider selection); self-sufficiency support; shelter from domestic violence; support for seniors to age at home (education and referral); and financial assistance to foreclosed homeowners.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Cape Cod WIC Program**

Website: <http://healthimperatives.org/women-infants-and-children-wic-nutrition-program/>

Telephone: 508-771-7896

- **Outer Cape WIC Program**

Website: <https://www.mass.gov/locations/outer-cape-wic-program-main-clinic>

Telephone: 800-675-1188

Adult Education/Career Training

Adult Education Center of Cape Cod Community College

Website: <https://www.capecod.edu/web/aec>

Telephone: 508-375-5000

The Adult Education Center (AEC) provides **free** educational services on Cape Cod and the Islands to individuals, 16 years-of-age or older, to improve their reading, writing, listening, speaking, math, science and social studies skills. Classes and services include: high school equivalency test preparation courses, english for speakers of other languages (esol), career planning and placement services, workplace education, and career training programs.

Basic Needs

Homeless Prevention Council of Lower Cape Cod

Website: <http://www.homelessonline.org/>

Telephone: 508-255-9667

The Homeless Prevention Council provides extensive counseling and guidance to those at risk of becoming homeless. The client services include: advocacy and access to housing programs and funding, budgeting and negotiation for rent and mortgage payments.

Housing Assistance Corporation (HAC)

Website: <http://www.haconcapecod.org/>

Email: hac@haconcapecod.org

Telephone: 508-771-5400

HAC: provides emergency shelter and homelessness prevention assistance for individuals and families; administers the largest housing subsidy in the region; and provides family self-sufficiency and employment services.

Childcare

Cape Cod Child Development Childcare

Website: <http://cccdp.org/children/>

Email: info@cccdp.org

Telephone: 800-974-8860

CCDCDC helps families find great childcare, early education and family support services. They offer a broad range of comprehensive services that include preschool/head start; school-age programs; early intervention and assessment services; parent education and playgroups for children; support for teen parents and a network of family childcare homes.

Child Care Network of the Cape & Islands

Website: <http://www.childcarenetwork.cc/>

Telephone: 508-778-9470

Child Care Network works with parents, childcare providers, and community members to ensure that families have access to child care that meets their needs.

Child Development/Education

Boys & Girls Club of Cape Cod

Website: <https://www.boysgirlsclubcapecod.org/>

Email: info@boysgirlsclubcapecod.org

Telephone: 508-477-8845

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

YMCA Cape Cod

Website: <http://ymcacapecod.org/>

Telephone: 1-800-339-YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

Parenting Support/Child Development

Bourne Early Childhood Council (CFCE)

Website: <https://www.facebook.com/BourneEarlyChildhoodCouncil/>

Email: mdankert@bourneps.org

Telephone: 508-743-3800

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. Funded through the Department of Early Education and Care, CFCE programs provide a variety of services, which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The Bourner Early Childhood Council is organized through Bourne Public Schools.

Cape Cod & The Islands Healthy Families

Website: <http://healthimperatives.org/family-support/>

Telephone: 508-540-2968

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

Cape Cod Child Development Early Intervention

Website: <http://cccdp.org/children/programs/early-intervention/>

Telephone: 508-775-6240 ext. 450

The Early Intervention program is designed to support families with young children suspected of or identified as having a developmental disability, delay, health condition or a cluster of risk factors that may impact a child's development. If your family is eligible for services, you will be assigned a service coordinator/provider who will work with you and the early intervention team to develop and carry out an individualized service plan that addresses your child's developmental needs and your family's priorities.

Cape Cod Children's Place (CFCE)

Website: <http://capecodchildrensplace.com/>

Email: info@capecodchildrensplace.com

Telephone: 508-240-3310

Cape Cod Children's Place is a non-profit resource, referral, and education center committed to providing high-quality care, support, and advocacy for families with young children. Services include early childhood education & care, family support, literacy programs, and referrals to resources in the community.

Cape Cod Family Resource Center

Website: <http://capecodfamilyresourcecenter.org/>

Telephone: 508-815-5100

The Resource Center offers evidence-based parent education programs, parent support groups, early childhood services, information and referral resources and education for families from every community on Cape Cod, regardless of insurance or income.

Fathers and infants can be equally as attached as mothers and infants. When both parents are involved with the child, infants are attached to both parents from the beginning of life.



Coalition for Children (CFCE)

Website: <http://www.thecoalitionforchildren.org/>

Telephone: 508-548-0151 ext.172

The Coalition for Children is a grant funded, education and support program for families with children from birth to school age. They are located in Falmouth on Cape Cod and offer play and learn groups, workshops, parenting classes, developmental screenings, an emergency family fund, community events and links to local childcare providers. All classes are **free**.

Families United Network Program (CFCE)

Website: <http://cccdp.org/children/programs/fun-program/>

Telephone: 508-775-6240 ext. 512

This program provides parent education and family support for families in the seven villages of Barnstable. They support healthy parenting practices for families through parent/child play and learn groups, parent support groups, family events, and workshops, and have a strong focus on family engagement, early literacy development, and resources. Their well-trained staff and community experts can offer guidance in areas such as toddler behaviors, single parenting, fatherhood, postpartum depression and more. Access to programs is **free** for families with children birth to 8 years of age.

Mashpee Family & Community Partnerships (CFCE)

Website: <https://www.mpspk12.org/domain/61>

Telephone: 508-539-1520 ext. 5118

Mashpee Coordinated Family and Community Engagement supports early childhood development by bringing together parents, professionals, and community members. Their goal is to connect families with services.

Parent Information Network

Website: <http://www.bamsi.org/program/parent-information-network-pin/>

Email: pin@bamsi.org

Telephone: 508-947-8779

Parent Information Network (PIN) is a parent information and support program designed by parents and professionals to help families of children and young adults ages 5-25 with serious emotional, behavioral, and/or mental health challenges. Services include: parent support groups, one-on-one support, parent education, resource center, and a **fathers support group**.

Sandwich Partnership for Families (CFCE)

Website: <http://www.sandwichpartnership.org/>

Email: lmelillo@sandwich.k12.ma.us

Telephone: 508-477-6600, ext. 132

This CFCE program is a resource and referral service for health, childcare, preschool and family support services. They offer: resource and referral services for children and families, a parent-child drop-in program at the forestdale school for children 0-5years, parenting workshops, child growth and developmental screenings, and enrichment activities.

Berkshire County

Wraparound Services

Construct, Inc.

Website: <https://constructinc.org/>

Telephone: 413-528-1985

Construct provides support services through Cara Davis Project Home – everything from emergency assistance, transitional housing, workforce development, housing & financial counseling and adult education.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify. **Fathers may also bring their children to apply for WIC.** WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Berkshire North WIC Program**

Website: <http://www.berkshirehealthsystems.org/wic>

Email: santil@bhs1.org

Telephone: 413-445-9429

- **Berkshire South WIC Program**

Website: <http://chpberkshires.org/family-services/wic-nutrition/>**Telephone:** 413-528-0457

Adult Education/Career Training

Berkshire Community College Adult Learning Center

Website: <http://www.berkshirecc.edu/academics/community-education-and-workforce-development/adult-learning-program/about-us.php>

Email: kjourdain@berkshirecc.edu

Telephone: 413-236-2174

The mission of the Berkshire Community College Adult Learning Program is to provide every adult in the Berkshire South County area with opportunities to develop literacy and other skills needed to qualify for further education, job training, more satisfying employment and to reach his or her full potential as a family member, productive worker, and citizen.

Basic Needs

Berkshire County Regional Housing Authority

Website: <https://bcrha.com/>

Telephone: 413-443-7138

The Berkshire County Regional Housing Authority provides comprehensive housing counseling, homelessness prevention and resolution assistance, tenancy preservation services, and anti-poverty resources. It also provides resolution programming, mediation services, anti-foreclosure services, legal and educational counseling, and housing search assistance.

North Adams Regional Housing Authority

Website: <http://www.northadamsha.com/>

Telephone: 413-663-5379

North Adams Housing Authority provides and develops quality affordable housing opportunities for individuals and families while promoting self-sufficiency, empowerment, and neighborhood revitalization. Services include providing public housing to eligible families, providing housing choice vouchers, and offering procurement opportunities.

Pittsfield Regional Housing Authority

Website: <http://pittsfieldhousing.org/>

Telephone: 413-443-5936

The Pittsfield Housing Authority (PHA) provides the community with fair equal housing opportunities. They help families and individuals obtain housing through the administration of two main housing efforts: public/affordable housing and rent assistance.

Childcare

Berkshire Children and Families Child Care

Website: <http://berkshirechildren.org/early-education-care/>

Email: ppreston@berkshirechildren.org

Telephone: 413-448-8281 ext. 211

Berkshire Children and Families offers exceptional education and care for children from birth through pre-kindergarten in Pittsfield. BCF also offers before- and after-school care programs for older children.

Child Care of the Berkshires

Website: <http://ccberkshire.org/>

Email: hlabonte@ccberkshire.org

Telephone: 413-663-6593

CCB assists families in providing their children with quality care. Among their varied offerings are full-day childcare services, early literacy initiatives, parent support groups, and community collaboration efforts.

New England Farm Workers' Council

Website: <http://www.partnersforcommunity.org/default/index.cfm/voucher-day-care/>

Telephone: Multiple, see website

Providing access to high quality, affordable childcare in Hampden, Berkshire, Hampshire and Franklin Counties, New England Farm Workers' Council is the child care resource and referral/voucher child care program for Western Massachusetts. They provide access to over 1,500 childcare providers in the area, many of them bilingual, so you can find the right one for your family. New England Farm Workers' serves families in Hampden, Berkshire, Hampshire and Franklin counties.

Child Development/Education

Berkshire County Head Start

Website: <http://www.berkhs.org/>

Email: information@berkhs.org

Telephone: 413-499-0137

A comprehensive early childhood program providing education, health, and special education services to children and their families. Servicing all of Berkshire County with sites in Great Barrington, Lee, Becket, Pittsfield, Adams and North Adams.

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

- **Berkshire Partners Blue Hill Club**

Website: <http://www.bgcb.org/find-your-club/blue-hill-club/>

Telephone: 617-474-1050

- **Boys & Girls club of Berkshires**

Website: <http://www.bgcberkshires.org/>

Email: info@bgcberkshires.org

Telephone: 413-448-8258

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Northern Berkshire YMCA**

Website: <https://bfymca.org/locations/northern-berkshire-branch>

Telephone: (413) 663-6529

- **Pittsfield Family YMCA**

Website: <https://bfymca.org/locations/pittsfield-branch>

Telephone: (413) 499-7650

Mental Health/Addiction Services

Brien Center for Mental Health and Substance Abuse Services

Website: <http://www.briencenter.org/>

Email: mary.murphy@briencenter.org

Telephone: 413-499-0412

24-Hour Crisis Hotline: 800-252-0227

The Brien Center for Mental Health and Substance Abuse Services is a community-based, non-profit agency providing a continuum of care for children, adolescents, adults and families who suffer from serious and persistent behavioral health disorders. They provide care without regard to socioeconomic status or insurance status in a manner that supports every person's ability to live, work and participate in community life.

Parenting Support/Child Development

Berkshire Children and Families Parenting Support

Website: <http://berkshirechildren.org/>

Email: info@berkshirechildren.org

Telephone: 413-448-8281

Berkshire Children and Families Parenting Support provides parents with programs that build skills, confidence and vital community connections, all of which bring opportunity and stability to children and families. BCF offers on-site childcare, intensive case management services, and access to in-house and out-patient clinical support. Services include education to improve

life management skills and financial literacy as well as the establishment of lifelong connections and positive parenting skills.

Central Berkshire CFCE

Website:

http://www.cbrsd.org/district_information/student_services_department/Central_Berkshire_Early_Childhood_Programs/coordinated_family__community_engagement_groups/

Email: wprovencher@cbrsd.org

Telephone: 413-655-0146

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. Funded through the Department of Early Education and Care, CFCE programs provide a variety of services, which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The Central Berkshire CFCE is organized through the Central Berkshire Regional School District.

Community Health Plan Family Support Network

Website: <http://chpberkshires.org/family-services/family-network/>

Email: csegui@chpberkshires.org

Telephone: 413-528-0457

CHP Family Support Network is designed to bring young children, parents and caregivers together to establish a connection to each other and to available support services. Offerings include support groups, clothing and book exchange, and over 20 educational opportunities per week with the goals of strengthening families, literacy development and social/emotional growth. They create a safe, fun, welcoming environment for all families with children under the age of 6 or parents who are expecting.

Family Center of Northern Berkshire County

Website: <http://ccberkshire.org/2013/08/family-resource-center/>

Email: ahall@ccberkshire.org

Telephone: 413-664-4821

Programs/Services offered include: parent-child play and learn groups, child development screening program, parent education workshops, support groups for parents, personal guidance for parents with children with challenging behaviors, family events and activities, and information and referral services and connection resources.

Family Resource Center, Berkshire Children and Families

Website: <http://berkshirechildren.org/family-resource-center/>

Telephone: 413-442-5333 ext. 266

The FRC works with youth, families and the community to: help with school challenges, provide parenting support, connect families and children to community resources, and offer fun activities for all ages.

Healthy Families Berkshire County

Website: <http://ccberkshire.org/2013/08/healthy-families/>

Email: bkrysiak@ccberkshire.org

Telephone: Multiple, see website

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under and live in Massachusetts in order to be eligible for services. This program provides services in the following towns: Adams, Alford, Becket, Berkshire, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Hartsville, Hinsdale, Lanesborough, Lee, Lenox, Monterey, Mount Washington, New Ashford, New Marlborough, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, and Windsor.

Northern Berkshire Early Intervention Program

Website: <http://ucpberkshire.org/programs/northern-berkshire-early-intervention-program/>

Email: Mthigpen@ucpberkshire.org

Telephone: 413-664-9345, ext. 35.

The Northern Berkshire Early Intervention Program provides family-centered, therapeutic developmental services to children birth to 3 years old who have, or are at risk to have, developmental delays. Children may have chronic special needs or short-term needs such as therapy for a speech delay. Services occur at home, day care, or anywhere the parent chooses, and are paid for by insurance.

Pediatric Development Center

Website: <http://pediatricdevelopmentcenter.org/>

Email: info@pediatricdevelopmentcenter.org

Telephone: 413-499-4537

PDC is a Massachusetts Department of Public Health certified agency offering family support, education, and therapeutic services for young children who are eligible for early intervention services. Services include: developmental assessments, home visits, developmental playgroups, parent support, individual or family counseling, referral to appropriate community resources

Pittsfield CFCE

Website: https://www.facebook.com/pg/PittsfieldCFCE/about/?ref=page_internal

Email: pittsfieldcfce@gmail.com

Telephone: 413-441-0974

The Pittsfield CFCE provides parents with access to area resources, parent education, and child development screenings. They also provide opportunities for families such as playgroups, story hour, and family events. All groups are open to families and children through the age of 8.

South Berkshire Kids (CFCE)

Website: <http://southberkshirekids.org/>

Telephone: 413-464-5095

The CFCE Grant provides information/resources to families with young children living in Southern Berkshire County. They provide free, fun playgroups, storytimes and literacy events throughout the area, as well as a series of parenting workshops with special guest speakers.

The Family Place

Website: <http://www.nbccoalition.org/the-family-place.html>

Telephone: 413-663-7588 ext. 13

This is a family resource center to support families with children 0-18 in north Berkshire. The program is designed to create a safe and welcoming space for parents and guardians to find information, resources, and support to help them address the needs and concerns they have for their family. They provide parents and guardians with educational and skill building programming to help them meet the demands of parenting children today.

Bristol County

Wraparound Services

Family Service Association

Website: <http://www.frfsa.org/index.php?id=1>

Telephone: 508-677-3822

Services include: after school care, behavioral health services, child mentoring, coordination of care for youth with Serious Emotional Disturbance (SED) who require or are utilizing multiple services or multiple child-serving systems. These include child welfare, special education, juvenile justice, mental health treatment and others; employer support program, parent education, in home therapy, child mental health services, and preschool.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance,

childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Fall River WIC Program**

Website: <http://www.healthfirstfr.org/services/fall-river-wic-program>

Telephone: 508-679-9349 ext. 222

- **New Bedford WIC Program**

Website: [http://www.gnbchc.org/](http://www.gnbchc.org/CareAndService_womenInfantsChildren.html)

[CareAndService_womenInfantsChildren.html](http://www.gnbchc.org/CareAndService_womenInfantsChildren.html) **Telephone:** 508-997-1500

- **Taunton/Attleboro WIC Program**

Website: <http://cfcinc.org/about-us/programs/wic-taunton/>

Telephone: Multiple, see website

Adult Education/Career Training

Bristol Community College Community Education Program

Website: <http://www.bristolcc.edu/workforcetraining/communityeducation>

BCC's community and workforce programs are designed to directly meet needs and to train and support students as they acquire the skills necessary for meaningful employment.

Workforce courses in Health Care, Computer Literacy and Software, and Real Estate are just a few of the industries their courses support.

Basic Needs

Citizens for Citizens

Website: <http://cfcinc.org/>

Email: ContactUs@cfcinc.org

Telephone: Multiple, see website

Citizens for Citizens, Inc. is an antipoverty social services agency providing short-term services that support families during financial crisis situations through its Fuel Assistance, Food Pantry, and Rental Assistance programs. In addition, CFC provides long-range solutions through diverse programs that seek to empower low-income individuals and families with the ability to overcome the burdens of poverty by giving them the tools necessary to achieve and maintain self-sufficiency by offering programs such as Weatherization Assistance, Head Start, Early Head Start, After School Day Care, and Volunteer Income Tax Return Preparation.

Fall River Housing Authority

Website: <http://fallriverha.org/>

Telephone: 508-675-3500

Fall River Housing Authority provides quality affordable housing units for low and moderate-income individuals, families, and the elderly. They provide programs especially for low-income families as well as emancipated children and victims of domestic abuse and have apartments available for 4,900 families.

South Shore Housing

Website: <http://www.southshorehousing.org/>

Telephone: 781-422-4200

South Shore Housing helps low- and moderate-income families and individuals secure affordable housing and use that housing as a foundation for improving their economic stability and wellbeing. Programs and resources include: housing for homeless families, homeless prevention initiatives, and training and support for homebuyers and owners.

Southeast Family Services (SFS) Family Centers

Website: <http://www.srnfamilycenters.org/#>

Telephone: Multiple, see website

SFS helps families by providing emergency shelter and support services, as well as assisting them in securing permanent housing. Southeast Family Services also operates scattered sites in Attleboro, Fall River, and Taunton, through a subcontract with Catholic Social Services. In addition, Southeast Family Services operates the Family Preservation Program, a reunification program that provides permanent housing with supportive services for families in recovery with children.

United Way of Greater New Bedford

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

Email: info@unitedwayofgnb.org

Telephone: 508-994-9625

United Way of Greater New Bedford serves residents in Acushnet, Dartmouth, Fairhaven, Freetown, Marion, Mattapoisett, New Bedford, Rochester, and Wareham. They help individuals and families connect to basic needs and community resources.

Childcare

Children's Express Child Care, Inc.

Website: <http://www.childrensexpressma.com/index.html>

Telephone: 508-222-7460

Children's Express Child Care, Inc. provides quality, full year, full day daycare and educational services. They also offer a preschool program, a pre-K, as well as kindergarten through second grade. Morning snacks and drinks are provided.

Little Flyers Learning Center

Website: <http://www.littleflyerslearningcenter.com/>

Telephone: 508-967-7602

Little Flyers Learning Center offers early education services for pre-school age children, as well as toddler, and infant day care.

P.A.C.E. Child Care Works

Website: <http://pacechildcareworks.com/>

Telephone: 508-999-9930

P.A.C.E. Child Care Works works with parents, schools, day care facilities and more to find superior child care providers and early childhood education experts that can foster the development of little ones everywhere. Other services include: family education and support, child development and play groups, and financial assistance.

Child Development/Education

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

- **Boys & Girls Club of Fall River**
Website: <http://www.fallriverbgc.org/>
Email: metavares@fallriverbgc.org
Telephone: 508-672-6340
- **Boys & Girls Club of New Bedford**
Website: <http://www.bgcnewbedford.org/>
Telephone: (508) 992-8011
- **Boys & Girls Club of Taunton**
Website: <http://www.bgctaunton.org/>
Telephone: (508) 824-4341
- **Boys & Girls Club Wareham Unit**
Website: <http://www.bgcnewbedford.org/wareham-unit1>
Email: kwf1488@gmail.com
Telephone: 774-678-0897

High levels of father involvement are correlated with higher levels of sociability, confidence, and self-control in children. Children with involved fathers are less likely to act out in school or engage in risky behaviors in adolescence.



The Boys & Girls Club's unit programs enable the Club to serve children where they are: in their neighborhoods. Units offer all the programs that are offered in the Club's main building: homework help, computer activities, cooking, sports, games, gardening, photography, and more. Unit children also have access to the Club's gym, pool, and climbing wall.

P.A.C.E. Head Start

Website: <http://paceheadstart.org/>

Telephone: Multiple, see website

P.A.C.E. Head Start provides a free family centered child development program for approximately 320 children from the Greater New Bedford area. Some services include mental health services for children and families with special needs, family support services and information, referrals/advocacy, a variety of health services, and much more. Head Start also offers nutritious meals and snacks for the children and free transportation services.

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Easton YMCA**

Website: <https://www.oldcolonyymca.org/locations/easton>

Telephone: 508-238-9758

- **Hockomock Area YMCA (North Attleboro)**

Website: <https://www.hockymca.org/north-attleboro/>

Telephone: 508.695.7001

- **Newman YMCA**

Website:

<http://www.ymcagreaterprovidence.org/Branches/Newman/tabid/251/Default.aspx>

Telephone: 508.336.7103

- **Taunton YMCA**

Website: <https://www.oldcolonyymca.org/locations/taunton>

Telephone: 508-823-3320

- **YMCA Mansfield Arts & Entertainment Center**

Website: <https://www.hockymca.org/mansfield/>

Telephone: 508.339.3066

This branch operates select YMCA programs and initiatives, but is not a full facility YMCA. Programs include theater, community garden, and preschool.

- **YMCA Southcoast (Dartmouth)**

Website: <https://www.ymcasouthcoast.org/locations/dartmouth/>

Telephone: 508.993.3361

- **YMCA Southcoast (New Bedford)**

Website: <https://www.ymcasouthcoast.org/locations/new-bedford/>

Telephone: 508.997.0734

Mental Health/Addiction Services

Child and Family Services (New Bedford)

Website: <http://child-familyservices.org/new-bedford/>

Telephone: 508-996-3154

Child & Family Services, Inc. is a private, nonprofit, human service agency that provides adoption services, mental health counseling, psychiatry and specialized support programs to people of all ages.

Community Counseling of Bristol County, Inc.

Website: <https://www.comcounseling.org/>

Telephone: Multiple, see website

Community Counseling of Bristol County, Inc. (CCBC) works to develop and deliver compassionate, responsive, culturally competent, and quality mental health and substance abuse services to meet the prevention, education, treatment, rehabilitation and recovery needs of those in the community. These services are based on the latest evidence-based approaches to respond to the complex needs of children, adolescents, adults, elders and families as part of a locally integrated health-care delivery system linked to regional and statewide delivery systems.

Next Step Home

Website: <http://www.steppingstoneinc.org/next-step-home-2/>

Telephone: 508-674-2788 ext.113

Services include: advocacy with landlord/tenant resolution, subsidized rental assistance, comprehensive case management, crisis intervention, psycho-educational groups, relapse prevention groups, residential substance abuse treatment access, outpatient substance abuse treatment access, and coordination of emergency and long term psychiatric care.

Parenting Support/Child Development

Associates for Human Services Inc.

Website: <http://www.ahsinc.org/>

Telephone: 508-880-0202

The Associates for Human Services Inc.'s Early Intervention Program provides services to children (and their families) from birth to 3 years of age who have, or are at risk for, a delay in

their development. Services focus on the family unit and are delivered in the context of the family's daily routines. The staff supports and encourages the family's use of and access to community-based resources to support and enhance the child's development.

Fall River & New Bedford Young Parents Support Program

Website: <https://child-familyservices.org/young-parent-support-yyps/>

Telephone: 508-676-5708

This program provides home based services to pregnant and parenting teens in the Greater New Bedford and Fall River area who are under the age of 26. The services are geared toward high-risk teens that are disengaged from needed services. The team consists of experienced case managers that assist young parents with the many aspects of parenthood including health care, education, housing, and healthy relationships. Services are free and confidential

Fall River Family Resource Center

Website: <http://www.frfsa.org/index.php?id=53>

Telephone: 508-567-1735

The Family Resource Center helps families focus on strengthening their bonds, connecting to others, and engaging in their communities by providing: evidence-based parent education groups, peer-to-peer groups for youth and adults, and information and assistance to families needing access to health, safety, employment training, education and peer support.

Fall River Public Schools CFCE

Website: <http://www.fallriverschools.org/CFCE.cfm>

Telephone: 508-675-8376

This CFCE program ensures that all families with children prenatal through 14 years old have access in their community to the supports and services that are essential to their success. They provide information on early education and care programs, state-wide centralized wait list for child care vouchers, school readiness activities, Play & Learn groups, parent groups, Kindergarten registration, family literacy programs, monthly newsletters, adult literacy programs, and much more.

Healthy Families

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

- **Healthy Families Fall River** (Servicing Fall River, Somerset, Swansea, and Westport)
Website: <http://peopleinc.wpengine.com/programs/healthy-families/>
Telephone: 508-679-5233
- **Healthy Families New Bedford** (Servicing Acushnet, Dartmouth, Fairhaven, Freetown, Marion, Mattapoisett, New Bedford, Rochester, and Wareham)

Website: <https://www.kdc.org/services/healthy-families/>

Telephone: (774) 206-8810

- **Healthy Families Taunton/Attleboro** (Servicing: Attleboro, Berkley, Dighton, Lakeville, Mansfield, Middleborough, North Attleborough, Norton, Raynham, Rehoboth, Seekonk, and Taunton)

Website: <https://www.facebook.com/TauntonAttleboro-Healthy-Families-301142100304547/>

Telephone: 774-409-7231

Meeting Street

Website: <http://www.meetingstreet.org/>

Meeting Street is where children of all ages and abilities receive individualized attention from highly trained, dedicated educators, therapists, and staff who work as a team, sharing strategies and identifying solutions to bring out the best in each and every child. They providing access to early intervention, early education services, family support and referrals.

Parent Information Network

Website: <http://www.bamsi.org/program/parent-information-network-pin/>

Email: pin@bamsi.org.

Telephone: 508-947-8779

Parent Information Network (PIN) is a parent information and support program designed by parents and professionals to help families of children and young adults ages 5-25 with serious emotional, behavioral, and/or mental health challenges. Our Services include: parent support groups, one-on-one support, parent education, resource center, and a **fathers support group**.

People, Inc.

Website: <http://peopleinc-fr.org/>

Telephone: 508-679-5233

People, Inc. offers children's services including early intervention, parenting programs and childcare.

Project Connect/Family Center (CFCE)

Website:

https://www.facebook.com/pg/ProjectConnectFamilyCenter/about/?ref=page_internal

Telephone: 508-226-2883

Project Connect provides programs and services for families with children prenatal through school age. The program is free and open to all Attleboro families. They provide high quality,

comprehensive early childhood programs. Project Connect partners with parents and recognizes that they are their child's first and most important teacher. They offer playgroups, parent education workshops, parent/child activities, STEM, literacy and resource and referral services.

The Family Resource and Development Center

Website: <https://unitedwayofgnb.org/family-resource-development-center/>

Telephone: 508-994-452

Massachusetts Family Resource Centers (FRCs) are a statewide network of community-based providers offering multi-cultural parenting programs, support groups, early childhood services, information and referral resources and education for families whose children range in age from birth to 18 years of age.

Triumph Inc. CFCE

Website: <http://www.triumphinc.org/home.htm>

Email: marieta-heaney@triumphinc.org

Telephone: 508-822-5388

Triumph Inc. CFCE provides free early childhood literacy programs & playgroups, parent education workshops, resource/referral information, etc. to families in Bridgewater, Raynham & Taunton.

Dukes County and the Islands

Wraparound Services

Island Wide Youth Collaborative: A Massachusetts Family Resource Center

Website: <https://www.mvcommunityservices.com/programs-and-services/iwyc-2/>

Telephone: 508-693-7900 ext. 400

The Island Wide Youth Collaborative (IWYC) is a Massachusetts Family Resource Center that provides services for at-risk families, young people and community members. Services include: one-on-one case management, substance use disorder services, parent education programs, and educational programs.

Child Development/Education

Martha's Vineyard Boys & Girls Club

Website: <http://mvgclub.org/>

Email: club@mvgclub.org

Telephone: 508-627-3303

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

Martha's Vineyard Head Start

Website: <https://www.mvcommunityservices.com/programs-and-services/early-childhood-programs/head-start/>

Email: Cflanders@mvcommunityservices.com

Telephone: 508-693-7900 ext. 321

The Head Start program on Martha's Vineyard is a home-based, locally designed program. In a regularly scheduled home visit, you and your Home Visitor will explore ways to provide experiences for your child that will improve his/her readiness for school. Head Start supports the entire family by providing: weekly home visits with individualized curriculum, parent/child socializations in various Island locations, parent education group, health and developmental screenings, parent activities, family activities, kindergarten transition supports, and referrals supports for any family member.

YMCA of Martha's Vineyard

Website: <http://www.ymcamv.org/>

Telephone: 508-696-7171

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

Parenting Support/Child Development

Nantucket Family Resource Center

Website: <http://www.nantucketfamilyresourcecenter.org/>

Telephone: 508-332-6821

NFRC offers **free** family support services, family partners, clinical assessments, referrals, and school support services that aim to educate children, parents and all caregivers.

Martha's Vineyard Family Center (CFCE)

Website: <https://www.mvcommunityservices.com/programs-and-services/early-childhood-programs/mv-family-center/>

Email: kdarcy@mvcommunityservices.com

Telephone: 508-687-9182

The Martha's Vineyard Community Services' Family Center provides education and support to parents of children ages 0-8, including the pre-natal/ pre-adoptive period, as well as to

providers who care for them. Services include: playgroups, parenting classes and discussion groups, family activities, consultation on parenting concerns and child development, family visits, transition supports, assistance with meeting basic needs, and referrals to other island resources. All activities are **free** of charge.

Nantucket Community School, Early Childhood Education (CFCE)

Website: <https://nantucketcommunityschool.org/early-childhood/information-resources>

Telephone: 508-228-7285 ext. 5

The Early Childhood Education & Enrichment programs are made possible through collaboration between the Town of Nantucket, the Nantucket Public Schools and the Massachusetts Department of Early Education and Care (EEC). Services include: playgroups, parent education and support, and referrals.

Essex County

Wraparound Services

Community Action, Inc. Head Start/Early Head Start

Website: <https://communityactioninc.org/programs/children/headstart>

Telephone: 978-372-5052

The Community Action, Inc. Head Start/Early Head Start (CAI HS/EHS) program provides comprehensive services for children ages 0-5 and serves approximately 250 infants, toddlers, pregnant mothers, fathers and preschoolers. This program offers: kindergarten preparedness, healthy meals and snacks, family and health services, mental health/wellness services, services for children with special needs and disabilities, comprehensive developmental, behavioral, health and dental screenings, and limited transportation services.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify. **Fathers may also bring their children to apply for WIC.** WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Lawrence WIC Program**

Website: <https://www.glcac.org/departments/Women,-Infants-and-Children-WIC.html>

Telephone: Multiple, see website

- **North Shore WIC Program**

Website: <https://www.mass.gov/locations/north-shore-wic-program-main-clinic>

Telephone: (781) 599-7290

- **Northern Essex WIC Program**

Website: <https://www.communityactioninc.org/programs/food/northern-essex-wic>

Telephone: 978-374-2191

Adult Education/Career Training

Northern Essex Community College Non-credit courses

Website: <https://www.necc.mass.edu/noncredit/>

Email: noncredit@necc.mass.edu

Telephone: 978-556-3060

NECC helps affordably improve your improve your professional skills and achievement. Programs include business and professional skills, computer skills, and occupational training and development.

North Shore Community College Professional Education

Website: <http://community.northshore.edu/>

Email: jmcccloud@northshore.edu

Telephone: (978) 236-1208

NSCC's Professional Education Program can help you enhance your skills, change careers, or earn a certification or certificate. They offer a wide variety of classroom and online courses on days, evenings, and weekends throughout the year.

Basic Needs

Emmaus

Website: <https://emmausinc.org/>

Email: info@emmausinc.org

Telephone: (978) 241-3400

Emmaus provides housing and services to homeless adults and families in Haverhill, MA. Emmaus programs span emergency shelters, affordable housing, homelessness prevention and housing stabilization services, and education and job training, as well as community outreach.

Merrimack Valley Food Bank

Website: <http://mvfb.org/>

Telephone: 978-454-7272

The Merrimack Valley Food Bank is a community-supported non-profit organization that provides nutritious food and personal care

items to emergency feeding programs serving the low-income, homeless and hungry. They are one of four food banks in Massachusetts that serves food pantries, shelters and meal programs that in turn, serve individuals and families.

The Open Door/Cape Ann Food Pantry

Website: <http://www.foodpantry.org/>

Telephone: 978-283-6776

The Open Door's main programs are: The Food Pantry, Community Meals (free, nutritious meals to those in need), Second Glance Thrift Store (reduced-cost or free clothing and household goods) Mobile Market (free farmers' market), a free Summer Meals Program for kids, assistance applying for food stamps, a food rescue program, a job-training program, and a collaborative meals program that helps other organizations feed their clients. Open Door serves Ipswich, Rowley, Topsfield, Boxford, Hamilton, and Wenham.

Childcare

Child Care Circuit (Lawrence)

Website: <http://www.childcarecircuit.org/>

Telephone: 978-686-4288

Child Care Circuit (CCC) is a Massachusetts based private nonprofit organization providing childcare referrals, training and parent/provider services locally and nationwide. CCC services include: free online search for child care, partnerships building to help families, collection and dissemination of accurate statistical information on Massachusetts child care, and information on state vouchers and training for parents, providers, and employers.

Child Development/Education

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

The quality of the father-child relationship matters more than the specific amount of hours spent together. Non-resident fathers can have positive effects on children's social and emotional well-being, as well as academic achievement and behavioral adjustment.

- **Beacon Boys & Girls Club**
Website: <http://www.lawrencebgc.com/>
Email: info@lawrencebgc.com
Telephone: (978) 691-5167
- **Boys & Girls Club of Greater Haverhill**
Website: <https://haverhillbgc.org/>
Email: btheirrien@haverhillbgc.org
Telephone: 978.374.6171
- **Boys & Girls Club of Greater Salem**
Website: <http://www.bgcgs.org/>
Telephone: 978-744-0915
- **Boys & Girls Club of Lawrence**
Website: <http://www.lawrencebgc.com/>
Telephone:(978) 683-2747
- **Boys & Girls Club of Lower Merrimack Valley**
Website: <http://www.bgclmv.org/>
Telephone: 978-462-7003
- **Boys & Girls Club of Lynn**
Website: <https://www.bgcl.org/>
Telephone: 781-593-1772

Pathways for Children

Website: <https://pw4c.org/>

Telephone: Multiple, see website

Pathways is a leading provider of education and care programs on the North Shore of Massachusetts serving over 500 children and their families from 13 communities. Their year-round programming, including Head Start and Early Head Start, serves children birth to age 13 and their families. They have facilities in Gloucester and Beverly as well as satellite classrooms in Salem and Peabody. Their comprehensive, all-inclusive educational programming offers meals, nutrition assessment, health and developmental screenings, referrals for special education services, family support, enrichment programs and transportation when necessary.

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Andover/North Andover YMCA**
Website: <http://andover.mvymca.org/>
Telephone: 978-685-3541

- **Cape Ann YMCA**
Website: <https://www.northshoreymca.org/locations/cape-ann/>
(978) 283-0470
- **Danvers Community YMCA**
Website: <http://www.danversymca.org/>
Telephone: 978-774-2055
- **Greater Beverly YMCA**
Website: <https://www.northshoreymca.org/locations/greater-beverly-ymca>
Telephone: (978) 927-6855
- **Haverhill YMCA**
Website: <https://www.northshoreymca.org/locations/haverhill-ymca>
Telephone: (978) 374-0506
- **Ipswich Family YMCA**
Website: <https://www.northshoreymca.org/locations/ipswich-family-ymca-rowley-campus>
Telephone: (978) 356-9622
- **Lynch/Van Otterloo YMCA**
Website: <https://www.northshoreymca.org/locations/lynchvan-otterloo-ymca>
Telephone: (781) 631-9622
- **Lynn YMCA**
Website: <http://www.ycmetronorth.org/locations/lynn-ymca/>
Telephone: 781-581-3105
- **Methuen YMCA**
Website: <http://methuen.mvymca.org/>
Telephone: 978-683-5266
- **Torigian Family YMCA**
Website: <http://www.ycmetronorth.org/locations/torigian-family-ymca-peabody/>
Telephone: 978-977-YMCA (9622)

Mental Health/Addiction Services

Children's Friend and Family Services

Website: <http://childrensfriend.net/>

Telephone: Gloucester: 978.283.7198; Lawrence: 978.682.7289 Lynn: 781.592.5691; Salem: 978-744-7905

Children's Friend and Family Services supports families with children in Essex county. Services include: children's mental health services, youth mentoring, and juvenile court services

Lahey/Northeast Behavioral Health Corporation

Website: <http://www.nebhealth.org/>

Telephone: 978.968.1700

Serving the greater Boston area, the North Shore and the Merrimack Valley, Lahey Behavioral Health provides individual and group therapy for mental health and substance use issues; addiction treatment; family services (including couples counseling); mobile crisis teams for behavioral and substance-related emergencies; inpatient psychiatric care, plus home and school-based programs for children and teens. Services are available in Spanish, Khmer and other languages as well as English.

Parenting Support/Child Development

Aspire Early Intervention

Website: <https://www.aspiredevelopmental.org/early-intervention>

Telephone: Multiple, see website

Early Intervention services are available to eligible children, from newborn to age 3, who have or are at risk for developmental delays due to established biological or environmental factors. The Aspire Early Intervention program provides family-centered, home-based services to facilitate the developmental progress of children.

EI staff work in partnership with parents and other caregivers throughout the process of assessment, development of the Individualized Family Service Plan (IFSP) and planning for ongoing services. Early Intervention services are provided in the child's natural environment, which could be at home, in a child-care program or other community setting.

Birth to Three Family Center (CFCE)

Website: <http://www.birthtothreeipswich.org/index.php>

Email: birthto3@ipsk12.net

Telephone: 978-412-0123

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. CFCE programs provide a variety of services, which include: free play groups, providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The Birth to Three Family Center is organized by the Ipswich Public Schools.

Cape Ann Early Intervention

Website: <https://ne-arc.org/services/early-intervention-2/>

Telephone: 978-921-1182

Early Intervention is an integrated developmental service available to families of children from birth to age three consisting of home visits, center-based visits, assessments, parent-child groups, parent support groups, service coordination, referral and transition assistance. Services are provided by a team of professionals representing a variety of disciplines, such as

physical therapists, occupational therapists, speech pathologists, social workers and developmental specialists.

Cape Ann Partnership for Children & Families (CFCE)

Website: <https://pw4c.org/what-we-offer/coordinated-family-and-community-engagement/>

Email: alarsen@pw4c.org

Telephone: 978.515.5320

All offerings are **free** to families residing in Gloucester and Rockport with children aged birth to 12 years old. CFCE programming includes: Information and guidance to promote positive early learning experiences, parent education, training and support, STEM (science, technology, engineering & math) family fun learning events through the community, Learn & Play weekly playgroups for parents and children aged birth-4 years old, financial literacy training, Information and referrals to local child and family resources, community events, and programs.

CFCE of the North Shore

Website: <http://www.cfceofthenorthshore.com/>

Telephone: (978) 536-6543

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. CFCE programs provide a variety of services, which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The CFCE of the North Shore is organized through the Peabody Public Schools.

Community Action, Inc. Family and Community Connections

Website: <https://communityactioninc.org/programs/children/family-community-connection>

Telephone: 978-914-7893

The Community Action, Inc. Family and Community Connection (CAI-FCC) offers the resources and support families need to be the best parents they can be by offering: playgroups and early learning activities for children 0–8 years old, networking and leadership opportunities, information about local education resources including public schools, opportunities to connect with other families in your community, and referrals to local services such as early intervention and early childhood special education services when needed.

Early Childhood Partners (CFCE)

Website: <http://earlychildhoodpartners.weebly.com/>

Telephone: 978-468-5489

Early Childhood Partners serves families with young children in Hamilton, Wenham, Manchester & Essex, and is part of the Massachusetts Coordinated Family and Community Engagement (CFCE). Programs include parent education workshops, early literacy and learning activities, and assistance with basic family needs.

Family Connections

Website: <https://familyconnectionsfcce.weebly.com/>

Email: melissa.roy@tritonschools.org

Telephone: (978) 518-4234

Family Connections of Rowley, Newbury and Salisbury is a Massachusetts Coordinated Family and Community Engagement (CFCE) program serving families with children from birth through 8 years of age. They provide access to comprehensive services, child development information, and educational opportunities to support you in your role as your child's first teacher. Parent support, parent-child playgroups, and access to resources and referrals are free to all community families.

Greater Lawrence Community Action, Inc. CFCE

Website: <https://www.glcac.org/departments/Coordinated-Family-Community-Engagement-CFCE.html>

Telephone: (978) 681-4996

Free programs and services include: parent support, a free learning program for preschool children, literacy circles, and playgroups.

Healthy Families

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

- **Healthy Families Haverhill** (Serving Amesbury, Boxford, Georgetown, Groveland, Haverhill, Merrimac, Newbury, Newburyport, Rowley, Salisbury, and West Newbury)
Website: <http://www.ccab.org/?q=family-services>
Telephone: 978-521-6265
- **Healthy Families Lawrence** (Serving Andover, Lawrence, Methuen, Middleton, and North Andover)
Website: <https://www.mspcc.org/our-services/pregnancy-parenting-support/>
Telephone: (978) 682-9222
- **Healthy Families North Shore** (Serving Beverly, Danvers, Essex, Gloucester, Hamilton, Ipswich, Lynn, Lynnfield, Manchester, Marblehead, Nahant, Peabody, Rockport, Salem, Saugus, Swampscott, Topsfield, and Wenham)
Website: <http://www.ccab.org/?q=family-services>
Telephone: 781-593-2312

Lawrence Family Resource Center

Website: https://www.facebook.com/pg/Family-Community-Resource-CenterFSMV-596422520413575/about/?ref=page_internal

Telephone: (978) 975-8800

The Lawrence Family Resource Center (FRC) works collaboratively with community partners to provide an array of services and activities to families. Services include: curriculum-based parenting programs, family nurturing program for fathers, on-going parent-child activities, play groups, educational workshops, access to concrete resources as needed (such as furniture, baby items toys, document translation and/or completion, and home visits), and referrals.

Lynn Family Forward Resource Center

Website: <https://www.thecenterboard.org/family-services/>

Telephone: (781) 598-9417 ext. 1017.

The Family Forward Resource Center provides access to family support services. Any family member can walk into the FRC and receive assistance with any human services related issue. Services include: parenting skills workshops, self-help groups, financial workshops, stress management workshops, education programs, family events & activities, playgroups, and resource referral services.

Northeast Arc Family Support Center

Website: <https://ne-arc.org/services/early-intervention-2/>

Telephone: Multiple, see website

The Northeast ARC Family Support Center offers Early Intervention services for eligible children. This program is an integrated developmental service available to families of children from birth to age three consisting of home visits, center-based visits, assessments, parent-child groups, parent support groups, service coordination, referral and transition assistance.

Professional Center for Childhood Development

Website: <http://www.theprofessionalcenter.org/early-intervention.html>

Telephone: Multiple, see website

The Early Intervention Program helps children from birth to three years of age who exhibit developmental delays, have a diagnosed condition or who are at-risk for developmental delays due to biological, medical or environmental risk factors. The Center for Child Development serves children and families living in Andover, Lawrence, Methuen and North Andover. In addition to the therapeutic services provided to the child, providers also offer parental support and education. Services are covered by health insurance, and are always provided to eligible children with no charge to the family.

Salem CFCE

Website: <https://salemcfce.weebly.com/contact-us.html>

Email: joyceparent@salemk12.org

Telephone: 978-745-5931

Salem Coordinated Family & Community Engagement Program (CFCE) is a locally based program serving families with children birth to 8 years old. Through direct services and/or referrals, Salem CFCE provides a variety of services, which include: child development information, assistance with meeting basic needs, timely support in periods of family crisis, family literacy and school readiness activities, and the Parent–Child Home Program

Franklin County

Wraparound Services

Montague Catholic Social Ministries

Website: <http://www.mcsmcommunity.org/>

Telephone: 413-863-4804

Montague Catholic Social Ministries works to strengthen, encourage and support people in the community through outreach, family education, positive conflict resolution, leadership development and group empowerment. Services include free playgroups for children (one Spanish Language Playgroup); a Women’s Resource Center with drop-in hours, wellness and job-readiness programs; Family Support Home Visiting to strengthen family literacy and provide basic needs support; a weekly peer-driven Parent to Parent (P2P) support group; as well as a bi-monthly Father’s Support Group (Nurturing Father’s Program). Open Hours allow families to access emergency Basic Needs resources such as clothing, food, utility assistance, housing and referrals.

Adult Education/Career Training

Greenfield Community College Workforce Development and Community Education

Website: <http://www.gcc.mass.edu/non-credit/>

Telephone: (413) 775-1605

Programs take place at locations in Franklin and Hampshire counties and beyond, with campus locations in Greenfield, Turners Falls and Northampton. Workshops are designed in response to community needs, often in cooperation with other organizations, drawing upon both college and community resources. Workshops are scheduled throughout the year, at all

times of day, evenings and on weekends. Class topics include resume writing, healthcare, manufacturing, etc.

Basic Needs

Athol/Orange Housing Authority

Website: <http://www.atholorangehousing.com/>

Telephone: 978-249-4848

Provides low-income family housing, MA rental voucher program, and section 8 voucher program in Athol and Orange.

Community Action Resources & Advocacy

Website: <http://www.communityaction.us/resources-for-basic-needs.html>

Telephone: 413-475-1570

The Community Resources & Advocacy program assists people in finding and gaining access to resources such as food, public benefits, social services, counseling, and financial assistance for housing and utilities.

Franklin County Regional Housing and Redevelopment Authority

Website: <https://www.fcrhra.org/>

Telephone: (413) 863-9781

The Franklin County Regional Housing and Redevelopment Authority offers affordable housing, homelessness prevention, education, and community development projects.

The Food Bank of Western Massachusetts

Website: <https://www.foodbankwma.org/>

Telephone: 413-247-9738

The Food Bank distributes food to member agencies in Berkshire, Franklin, Hampden and Hampshire counties. These independent pantries, meal sites and shelters are on the front lines of emergency food assistance in the region.

Childcare

New England Farm Workers' Council

Website: <http://www.partnersforcommunity.org/default/index.cfm/voucher-day-care/>

Telephone: Multiple, see website

Providing access to high quality, affordable childcare in Hampden, Berkshire, Hampshire and Franklin Counties New England Farm Workers' Council is the child care resource and referral/voucher child care program for Western Massachusetts. They can provide access to over 1,500 childcare providers in the area, many of them bilingual, so you can find the right one

for your family. New England Farm Workers' serves families in Hampden, Berkshire, Hampshire and Franklin counties.

Parenting Support/Child Development

Community Action Family Center

Website: http://www.communityaction.us/family_center.html

Telephone: 413-475-1555

This Family Resource Center provides: individualized support, information & referrals, play & learn groups (parents & children 0-5), support groups for young parents, parenting education classes, life skills workshops, child requiring assistance (cra) services, nurturing fathers series & fathers support group, a donation area for free clothing, books, toys and other items, welcome baby! bags, and specialized 1:1 & clinical services for families & youth.

Community Network for Children

Website: <https://sites.google.com/site/communitynetworkforchildren/>

Email: budine@erving.com

Telephone: (978) 544-5157

The Community Network for Children Program supports families by acting as a hub to provide information, support, literacy opportunities, and family engagement programs within the communities of Erving, Leverett, New Salem, Wendell, and Shutesbury.

Criterion - Riverway Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/82>

Telephone: (413) 475-3340

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Frontier Regional (CFCE)

Website: <https://www.facebook.com/Frontier-Regional-Coordinated-Family-and-Community-Engagement-Program-398036750319603/>

Email: greenk@frsu38.deerfield.ma.us

Telephone: 413- 665-8928

The Frontier Regional CFCE program provides services to families with young children. Services include child/caregiver playgroups, family support and education, and providing referrals to community resources.

Healthy Families Franklin County

(Serving Ashfield, Athol, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Monroe, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royalston, Shelburne Falls, Shutesbury, Sunderland, Warwick, Wendell, and Whately)

Website: <http://www.communityaction.us/healthy-families-support-for-parents-under-21.html>

Telephone: 413-475-1545

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

Mohawk Trail Regional School District CFCE

Email: mpincus@mohawkschools.org

Telephone: 413-625-6194

Mohawk Trail Regional School District CFCE program supports families with young children by providing parent child activities, early literacy support, and connecting parents to resources in the community.

Parent-Child Development Center

Website: <http://www.communityaction.us/parent-child-development-center-child-care-headstart-birth-3.html>

Telephone: 413-475-1405

The Parent-Child Development Center (PCDC) offers a variety of program options for families with children ages birth-5. Programs include: **free** Head Start preschool, **free** Head Start and Early Head Start Home-Visiting Programs, and State-funded full-day preschool, Infant/Toddler care, and Family Child Care.

Reach/Servicenet Early Intervention

Website: <https://www.servicenet.org/services/child-and-adolescent-services/reach/>

Telephone: 413-665-8717

Reach's coordinated services for children birth to three – which often include physical, occupational and/or speech therapy – are provided through family home visits and daycare settings. The experienced staff conduct individualized developmental evaluations and create care plans for each child's unique needs.

Hampden County

Wraparound Services

Holyoke Family Network/Enlace de Familias

Website: <http://www.enlacedefamilias.org/>

Telephone: (413)-532-9300

Enlace provides parenting programming (including a nurturing fathers program) and resources to help strengthen the community and empower families to build their lives in confidence and with hope. They specialize in food, housing, and public school system referrals, but also offer community members a variety of educational family-oriented services.

The Springfield Family Support Programs Family Resource Center

Website: <https://gandaracenter.org/child-adolescent-family-services/#springfield-family-support-center>

Email: cstovall@gandaracenter.org

Telephone: 413-733-7699

The Springfield Family Resource Center provides a number of resources for families in the Springfield community all in one convenient location. Services include help with navigating through housing, education, courts and legal systems as well as health insurance, EBT and behavioral health services. If a specific need cannot be met at the center, trained staff will point the family in the right direction to obtain the services they need elsewhere.

Valley Opportunity Council

Website: <https://www.valleyopp.com/>

Telephone: (413) 552-1554

VOC's highly experienced, professional team provides direct assistance and guidance to people within the community, on a wide assortment of challenges, as they seek to achieve self-sufficiency. Services include fuel assistance, youth programs, education for adults, and childcare centers in Holyoke and Chicopee. Their goal is to assist parents who are working, in training leading to employment, or have other special needs. They provide a complete education program, meals, and opportunities for parent involvement.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition

consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Holyoke/Chicopee WIC Program**

Website: <https://www.valleyopp.com/food-nutrition/wic>

Telephone: Multiple, see website

- **Springfield North WIC Program**

Website: <https://www.mass.gov/locations/springfield-north-wic-program-main-clinic>

Telephone: (413) 737-8868

- **Springfield South WIC Program**

Website: <https://www.mass.gov/locations/springfield-south-wic-program-main-clinic>

Telephone: (413) 693-1029 ext. 1

Adult Education/Career Training

Community Education Project

Website: <http://www.cepholyoke.org/>

Email: info@cepholyoke.org

Telephone: (413) 538-5770

Holyoke's Community Education Project provides a variety of classes and programs for adults in the community. These include literacy programs for individuals and families as well as English classes for non-English speakers. CEP also offers Adult Basic Education classes as well as a Transition to College & Careers Program.

Holyoke Community College's Adult Education Programs

Website: <http://www.hcc.edu/courses-and-programs/adult-education>

Email: kdunkelberg@hcc.edu

Telephone: 413.552.2506

Holyoke Community College's Adult Education programs provide basic skills instruction in math, writing, and reading to adult learners in order to prepare them for their High School Equivalency Certificate (through the HiSet or GED test), jobs, or higher education. Their Gill Technology Center offers free and low cost basic computer and software classes in English and Spanish. They also offer a free non-credit that helps adult students 18+ prepare for college and identify a career path. The program includes intensive academic preparation in English reading and writing, math, study strategies, and computers in a college context. Additional services include college navigation, career advising, and tutoring.

Springfield Technical Community College's Workforce Development Center

Website: <https://www.stcc.edu/wdc/>

Email: wdc@stcc.edu

Telephone: 413-755-4225

STCC's programs and classes meet the ever-changing technology and workforce demands of individuals. Their mission is to offer programs and classes that will lead to employment. They provide both instructor led and web-based workforce training and certifications in a wide variety of areas including Construction/Trades, Health, IT/Network Certification, Management, Manufacturing, Professional and Personal Development, Real Estate Sales and much more. STCC is also an Authorized Testing Center for many of the leading providers.

Basic Needs

A Family Place

Website: <http://www.partnersforcommunity.org/default/index.cfm/housing-shelter/>

Telephone: 413-536-2787

A Family Place is a family shelter located in Holyoke, MA. The shelter is staffed 24 hours a day, 7 days a week and provides a number of services to assist families in locating and securing stable housing. Ongoing case management is provided to each family in addition to workshops, classes, referral to local service providers, housing search, activities for children, homework assistance, and many other services designed to make the family's stay in shelter as safe, enjoyable, and productive as possible.

Brightwood Development Corporation

Website: <http://www.partnersforcommunity.org/default/index.cfm/about-pfc/affiliates-programs/bdc/>

Telephone: (787) 652-3030

BDC works to improve small business, affordable and low-income housing and minority employment conditions in the North End, including the city's Memorial Square/Brightwood and Hungry Hill neighborhoods. Many of the people served by Brightwood Development Corporation are Hispanic and Latino, and BDC runs a variety of family assistance, minority employment and community development programs designed to impact and improve conditions within its inner-city target area.

Springfield Housing Authority

Website: <http://shamass.org/>

Telephone: 413-785-4500

The Springfield Housing Authority provides a solid network of services and help for a variety of situations. These services include nutrition classes, financial literacy classes, career counseling, and more. After school and summer programming is also provided for youth. In addition to their variety of family services, the Springfield Housing Authority also offers public housing and Section 8 housing for eligible families.

The Food Bank of Western Massachusetts

Website: <https://www.foodbankwma.org/>

Telephone: 413-247-9738

The Food Bank distributes food to member agencies in Berkshire, Franklin, Hampden and Hampshire counties. These independent pantries, meal sites and shelters are on the front lines of emergency food assistance in our region, playing a crucial role helping individuals, families, seniors and children.

Childcare

New England Farm Workers' Council

Website: <http://www.partnersforcommunity.org/default/index.cfm/voucher-day-care/>

Telephone: Multiple, see website

Providing access to high quality, affordable childcare in Hampden, Berkshire, Hampshire and Franklin Counties, New England Farm Workers' Council is the child care resource and referral/voucher child care program for Western Massachusetts. They offer access to over 1,500 childcare providers in the area, many of them bilingual, so you can find the right one for your family. New England Farm Workers' serves families in Hampden, Berkshire, Hampshire and Franklin counties.

Child Development/Education

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

- **Beaudoin Unit Community Site**

Website: <https://www.hbgc.org/index.php/en/home/programs-services/satellite-units/beaudoin-unit>

Telephone: 413-538-6713

The Boys & Girls Club's unit programs enable the Club to serve children where they are: in their neighborhoods. Units offer all the programs that are offered in the Club's main building: homework help, computer activities, cooking, sports, games, gardening, photography, and more. Unit children also have access to the Club's gym, pool, and climbing wall.

- **Boys & Girls Club of Chicopee**

Website: <http://bgcchicopee.org/>

Telephone: 413-592-6707

- **Boys & Girls Club of Greater Holyoke, Inc.**

Website: <https://www.hbgc.org/>

Telephone: (413) 534-7366

- **Boys & Girls Club of Greater Westfield**

Website: <https://www.bgcwestfield.org/>

Telephone: (413) 562-2301

- **Boys & Girls Club of West Springfield**

Website: <http://wsbgclub.org/>

Telephone: (413) 736-1831

- **Churchill Unit Community Site**

Website:

<https://www.hbgc.org/index.php/en/home/programs-services/satellite-units/churchill-unit>

Telephone: 413-533-4922

The Boys & Girls Club's unit programs enable the Club to serve children where they are: in their neighborhoods. Units offer all the programs that are offered in the Club's main building: homework help, computer activities, cooking, sports, games, gardening, photography, and more. Unit children also have access to the Club's gym, pool, and climbing wall.

- **Ludlow Community Center/Randall Boys & Girls Club**

Website: <http://ludlowbgc.org/>

Telephone: (413) 583-2072

- **Lyman Unit Community Site**

Website:

<https://www.hbgc.org/index.php/en/home/programs-services/satellite-units/lyman-unit>

Telephone: 413-536-7717

The Boys & Girls Club's unit programs enable the Club to serve children where they are: in their neighborhoods. Units offer all the programs that are offered in the Club's main building: homework help, computer activities, cooking, sports, games, gardening, photography, and more. Unit children also have access to the Club's gym, pool, and climbing wall.

- **Senecal Teen Center**

Website: <http://bgcchicopee.org/teen-program/>

Telephone: 413-592-9872

A Drop-In Membership Program for teens ages 13 to 18.

- **Springfield Boys & Girls Club**

Website: <http://www.sbgc.org/>

Telephone: 413-732-7201

Father involvement
is related to
positive child health
outcomes in
infants.



- **Toepfert Unit Community Site**

Website: <https://www.hbgc.org/index.php/en/home/programs-services/satellite-units/toepfert-unit>

Telephone: 413-534-1681

The Boys & Girls Club's unit programs enable the Club to serve children where they are: in their neighborhoods. Units offer all the programs that are offered in the Club's main building: homework help, computer activities, cooking, sports, games, gardening, photography, and more. Unit children also have access to the Club's gym, pool, and climbing wall.

- **Westfield Boys & Girls Club**

Website: <https://www.bgcwestfield.org/>

Telephone: (413) 562-2301

Holyoke • Chicopee • Springfield Head Start

Website: <http://hcsheadstart.org/index.htm>

Telephone: (413) 788-6522

HCS Head Start provides a variety of program options to meet the needs of families. They offer a traditional ½ day early childhood program at no cost to eligible families. In addition, HCS Head Start offers a full day option for eligible parents working or enrolled at school full time. Fees for the full day option range from sliding scale to full tuition. Other services include: parenting programs, health services & mental health services, nutritional programs & services, and healthy relationships programs.

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Downtown Springfield YMCA**

Website: <http://www.springfielddy.org/>

Telephone: 413.739.6951

- **Dunbar YMCA Family & Community Center**

Website: <http://www.springfielddy.org/family-centers/dunbar-y-family-community-center/>

Telephone: 413.788.6143

- **Greater Holyoke YMCA**

Website: <http://www.holyokeymca.org/>

Telephone: 413-534-5631

- **Scantic Valley YMCA**

Website: <http://www.springfielddy.org/family-centers/scantic-valley-y-family-center/>

Telephone: 413.596.2749

- **Westfield YMCA**

Website: <http://www.westfieldymca.org/>

Telephone: 413-568-8631

Mental Health

Carson Center for Human Services

Website: <http://www.carsoncenter.org/>

Telephone: 413-572-4132

The Carson Center for Human Services provides behavioral health and rehabilitation services for children, adolescents, adults, families, and couples. Services include: out-patient and home based therapy, childcare, and referrals.

Parenting Support/Child Development

Agawam Family and Community Program (CFCE)

Website: <http://www.agawam.ma.us/157/Family-Community-Program>

Telephone: (413) 821-0597

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. Programs provide a variety of services which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The Agawam Family and Community Program is organized through Agawam Public Schools.

Behavioral Health Network Early Intervention

Website: <http://bhninc.org/families/early-childhood-services/early-intervention/>

Telephone: (413) 304-2942

BHN Early Intervention provides comprehensive, integrated services that promote the overall development and well-being of children birth to three years old. Services include: Parent education and supports, Home visits, Developmental play groups, Physical, occupational and speech language therapy, Access to Autism services, Infant massage therapy, Family supports for complicated health care needs, and Transition to community or clinical services.

CHD Early Intervention

Website: <http://chd.org/child-adolescent-and-family-services/educational-developmental-support-services/early-intervention/>

Telephone: 844-CHD-HELP

CHD's Early Intervention Program works with infants and children from birth to 3 years of age who have or are at risk for developmental delays. A CHD team can assess your child's abilities

and, if indicated, will develop an individualized plan to promote development of play, movement, social behavior, communication, and self-care skills. They work with children and their families in their environment – no need to come to the office.

Criterion – Heritage Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/24>

Telephone: (413) 283-3267

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child’s developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Healthy Families

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

- **Healthy Families Springfield** (Serving Agawam, Blandford, East Longmeadow, Granville, Hampden, Longmeadow, Montgomery, Russell, Southwick, Springfield, Tolland, West Springfield, and Wilbraham)

Website: <http://www.startatsquareone.org/content/healthy-families-springfield>

Telephone: 413-858-3119

- **Holyoke Healthy Families** (Serving Chicopee, Holyoke, and Westfield)

Website: <https://www.mspcc.org/our-services/pregnancy-parenting-support/>

Telephone: (413) 532-9446

May Center for Early Intervention

Website: <https://www.mayinstitute.org/location.html?id=887&state=MA>

Telephone: 413.734.0300 x212

The May Center for Early Intervention serves children from birth through age three in their home or daycare. Services include: speech/language therapy, occupational therapy, physical therapy, community play groups, and parent training workshops.

Parent-Child Development Center

Website: <http://www.communityaction.us/parent-child-development-center-child-care-headstart-birth-3.html>

Telephone: 413-654-1770

The Parent-Child Development Center (PCDC) offers a variety of program options for families with children ages birth-5. Programs include: **free** Head Start preschool, **free** Head Start and Early Head Start Home-Visiting Programs, and State-funded full-day preschool, Infant/Toddler care, and Family Child Care.

Springfield Parent and Community Engagement Center (CFCE)

Website: <http://www.springfieldpublicschools.com/departments/pace>

Telephone: 413-787-6959

The following services are available at the PACE Center to families: student assignment services, youth work permits, homeless education services, language assessment services (for non-native english speakers), pre-school registration and special education testing, and Springfield Parent Academy courses and information.

Square one

Website: <http://www.startatsquareone.org/>

Telephone: (413) 732-5183

Square One's programs include early education and care at centers in Springfield and Holyoke, home-based care settings located throughout greater Springfield, and out of school time care for elementary school age children. Their parent education, support and training programs are offered through groups, home visitation and personalized case management to help parents access whatever services are needed to be successful in their role as their child's first teacher.

The Consortium

Website: <http://wmtcinfo.org/programs/support-network-of-families-of-wmass/>

Email: info@wmtcinfo.org

Telephone: 1.800.894.2401

Children with emotional or behavioral challenges have their own unique needs. The Consortium supports parents or caregivers who have children, adolescents, and transition age youth effectively navigate through the various systems of care and become strong and successful advocates for their children. They do this by offering individual or group support, information on special education and other resources, opportunity to attend trainings and conferences or to participate in child serving agency advisory forums, and also access to an extensive lending library.

Westfield Community Partnerships for Children (CFCE)

Website: https://www.facebook.com/pg/Westfield-Community-Partnerships-for-Children-CFCE-Grant-1421990141365760/about/?ref=page_internal

Email: wcpj@juno.com

Telephone: (413) 568-5242

The Westfield CPC/CFCE is a non-profit community service organization offering free programs and events to families with young children in the Westfield, MA area.

Their programs focus on early literacy development, parent education, and strengthening families.

Hampshire County

Wraparound Services

Children Services of Northampton

Website: <https://csrox.org/locations/northampton>

Telephone: 413-586-2303

Children Services of Northampton provides high-quality services to economically-disadvantaged children, youth, families, and individuals thereby promoting and strengthening family life and individual growth. Services include: early education and care, behavioral health services, parent mentoring, housing and stabilization services.

Basic Needs

Community Action Resources & Advocacy

Website: <http://www.communityaction.us/resources-for-basic-needs.html>

Telephone: 413-582-4237

The Community Resources & Advocacy program assists people in finding and gaining access to resources such as food, public benefits, social services, counseling, and financial assistance for housing and utilities.

Interfaith Cot Shelter

Website: <https://www.shelterlistings.org/details/31786/>

Telephone: 413-585-1300

The Interfaith Emergency Shelter is an overflow shelter for Grove Street Inn. Guests are provided with warm beds and hot meals from November through April. The 20-bed site is located in the basement of a professional office building

The Food Bank of Western Massachusetts

Website: <https://www.foodbankwma.org/>

Telephone: 413-247-9738

The Food Bank distributes food to member agencies in Berkshire, Franklin, Hampden and Hampshire counties. These independent pantries, meal sites and shelters are on the front lines of emergency food assistance in our region, playing a crucial role helping individuals, families, seniors and children.

Childcare

New England Farm Workers' Council

Website: <http://www.partnersforcommunity.org/default/index.cfm/voucher-day-care/>

Telephone: Multiple, see website

Providing access to high quality, affordable childcare in Hampden, Berkshire, Hampshire and Franklin Counties, New England Farm Workers' Council is the child care resource and referral/voucher child care program for Western Massachusetts. They offer access to over 1,500 childcare providers in the area, many of them bilingual, so you can find the right one for your family. New England Farm Workers' serves families in Hampden, Berkshire, Hampshire and Franklin counties.

Child Development/Education

Hampshire Regional YMCA

Website: <https://www.hrymca.org/>

Email: info@hrymca.org

Telephone: (413) 584-7086

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

Parenting Support/Child Development

Collaborative for Educational Services

Website: <https://www.collaborative.org/>

Telephone: 413.586.4900

The Collaborative for Education Services (CES) works in partnership with schools and districts to offer information, services and support directly to parents through multiple programs. Their programs, consultation services, and workshops are built around the most current expert information and research and are designed to share new and effective ways of understanding and interacting with your child. Programs include Welcome Baby Visits, family centers and playgroups, referrals, and many more parenting resources.

Criterion – Heritage Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/24>

Telephone: (413) 533-7140

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental

needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Criterion - Riverway Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/82>

Telephone: (413) 727-8552

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Hampshire RSD (CFCE)

Website: <https://www.facebook.com/Hampshire-Regional-District-Coordinated-Family-Community-Engagement-Grant-330288580419440/>

This CFCE program provides Parent/Child Enrichment Centers in the towns of Chesterfield, Southampton, Westhampton & Williamsburg.

Healthy Families Hampshire County

(Serving Amherst, Belchertown, Chester, Chesterfield, Cummington, Easthampton, Goshen, Granby, Hadley, Hatfield, Huntington, Ludlow Middlefield, Northampton, Pelham, Plainfield, South Hadley, Southampton, Ware, Westhampton, Williamsburg, and Worthington)

Website: <http://www.communityaction.us/healthy-families-support-for-parents-under-21.html>

Telephone: 413-387-1270

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

Hilltown Family Center (CFCE)

Website: <https://www.facebook.com/Hilltown-Family-Center-131054196923119/>

Email: ksavery@hchcweb.org

Telephone: (413) 667-2203

Services include: drop in play to learn groups, school readiness program, family education through workshops and one on one learning sessions, field trips and enrichment, family resource library, referrals to staff for childbirth education, infant massage and parenting education and support.

Parent-Child Development Center

Website: <http://www.communityaction.us/parent-child-development-center-child-care-headstart-birth-3.html>

Telephone: 413-387-1250

The Parent-Child Development Center (PCDC) offers a variety of program options for families with children ages birth-5. Programs include: **free** Head Start preschool, **free** Head Start and Early Head Start Home-Visiting Programs, and State-funded full-day preschool, Infant/Toddler care, and Family Child Care.

The Bridge Family Resource Center

Website: http://www.csoinc.org/?page_id=1445

Email: familyresourcecenter@csoinc.org

Telephone: 413.549.0297

The Bridge Family Resource Center is a community-based, family-driven program supporting families and their children ages 0-18 years old. All services are **free** and available to any child or family. Programs include: evidence-based family groups, father groups, life skills groups, and educational classes.

The Northampton/Hadley Family Connection

Website: <https://www.northamptonfamilies.com/>

Email: earlychildhood@northampton-k12.us

Telephone: 413-587-1471

The Northampton/Hadley Family Connection brings local families together for playgroups, community events, parent workshops, and trainings where parents and children can play, learn, and gain support.

Middlesex County

Wraparound Services

Children Services of Tewksbury

Website: <https://csrox.org/locations/tewksbury>

Telephone: 978-640-0089

Children Services of Tewksbury provides high-quality services to economically-disadvantaged children, youth, families, and individuals thereby promoting and strengthening family life and individual growth. Services include: early education and care, behavioral health services, parent mentoring, housing and stabilization services.

East End House

Website: <http://eastendhouse.org/>

Telephone: 617-876-4444

East End House provides a wide range of programs and services to a diverse population to strengthen family and community. Services include child care and after school programs that help children acquire the tools they need for life-long academic and social success; and wrap-around services—including parent education classes, senior support services, referral and benefit screenings, a robust volunteer program and an Emergency Food Program—are integral to giving families the resources they need to help their children succeed.

NFI Family Resource Center of Greater Lowell (

Website: <https://www.facebook.com/FRCLowell/>

Email: frclowell@nafi.com

Telephone: (978) 455-0701

The NFI Family Resource Center (FRC) is open to all families in the Greater Lowell area. FRC provides services either on-site or through referrals including: career support, civic engagement, early childhood education, family support, financial support, housing support, medical care, and mental health.

Southern Middlesex Opportunity Council

Website: <http://www.smoc.org/index.php>

Telephone: (508) 872-4853

Services include: Childcare and Head Start, WIC, behavioral health services, mental health services, addiction treatment, housing services, energy and financial assistance, employment and education services.

Wayside Framingham Family Resource Center

Website:

<http://www.waysideyouth.org/OurServices/WaysideMetroWest/FamilyResourceCenter.aspx>

Telephone: (508) 270- 1313

FRC staff can help with facilitating the following: housing support, utility assistance, legal help, summer camps and sports leagues, family support planning, and parent education programs.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition

consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Cambridge/Somerville WIC Program**

Website: <https://www.challiance.org/community/women-infants-children-program>

Telephone: 617-575-5330

- **Framingham/Waltham WIC Program**

Website: <http://www.smoc.org/wic-women-infants-children-program.php>

Telephone: 508-620-1445

- **North Suburban WIC Program**

Website: <https://www.hallmarkhealth.org/Community-Services/Page-4.html>

Telephone: Multiple, see website

Woburn Center for Social Concern

Website: <http://www.socialconcern.org/>

Telephone: 781-935-6495

Woburn Center for Social Concern responds to the basic needs of people of all ages. Services include: childcare options, food assistance, family skill building parenting education classes, and information & referrals.

Adult Education/Career Training

Cambridge Community Learning Center

Website:

<https://www.cambridgema.gov/DHSP/programsforadults/communitylearningcenter.aspx>

Telephone: 617-349-6363

The Community Learning Center helps adults improve their lives and increase their community participation through free educational programs and services. These services include: English classes, Citizenship classes, Basic reading, writing, and math classes, Preparation for a high school diploma, Preparation for college, Home Health Aide (HHA) training, Certified Nursing Assistant (CNA) training, and Workplace Education at MIT. The Community Learning Center also offers free educational and career counseling, tutoring, and basic computer instruction.

Harvard Ed Portal

Website: <https://edportal.harvard.edu/>

Email: allston_edportal@harvard.edu

Telephone: 617-496-5022

The Harvard Ed Portal provides **free** education, arts, and wellness programs for children and adults, and work force development programs for adults.

MassBay Community College Community Education Program

Website: <http://www.massbay.edu/Community-Education-and-Partnerships/Corporate---Community-Education.aspx>

Email: cce@massbay.edu

Telephone: 508-270-4100

CCE helps individuals meet their professional development goals and needs. For individuals seeking to take their career to the next level, or in a different direction, they offer a wide variety of courses and programs. Classes include: Automotive Damage Appraisal, Clinical Healthcare Informatics Certificate MEDITECH, Community ESL Classes, Computer Skills, CNC Certification, CPR Training, Medical Interpreter Program, and Nursing Assistant Program.

Middlesex Community College's Community Education and Career Training Center

Website: <https://www.middlesex.mass.edu/careertraining/default.aspx>

Email: Career_Training@middlesex.mass.edu

Telephone: 781-280-3570

Middlesex Community College's non-credit Community Education and Career Training programs are designed for individuals in all stages of life and career. They offer online and classroom instruction at their Bedford and Lowell campuses. Programs include professional development and personal enrichment courses as well as the Adult Learning Center, which assists students in improving basic academic skills, attaining English proficiency, and preparing for the High School Equivalency and/or College Placement Tests.

Basic Needs

Cambridge Housing Authority (CHA)

Website: <http://cambridge-housing.org/default.asp>

Telephone: 617.864.3020

CHA has information about waitlists, section 8 housing, vouchers, elderly and disabled housing, and how to apply for housing. In addition to providing safe, high quality affordable housing, CHA offers residents and voucher holders a broad selection of supportive services and economic development resources. Many of CHA's resident programs are offered in partnership with local service organizations. Some programs available to residents are career counseling, head start day care, and Gateways Adult Basic Education Program.

Cambridge Multi-Service Center for the Homeless

Website:

<https://www.cambridgema.gov/DHSP/programsforfamilies/multiservicecenterforthehomeless>

Telephone: 617-349-6340

The Cambridge Multi-Service Center (MSC) addresses the needs of homeless and near-homeless individuals and families living in the community. They provide direct services, planning and

coordination of efforts for persons who are living on the street, in emergency shelters or at risk of losing their housing. They also work to prevent evictions and resolve landlord-tenant problems through case management, advocacy and budget counseling. They have a transitional living program for homeless men. Additionally, they provide assistance in applying for public benefits, financial counseling, legal services, and accessing mental health and substance abuse services.

Community Action Agency of Somerville' Homeless Prevention Program

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

Telephone: (617) 623-7370

The HPP provides a wide range of services to low-income individuals at risk of homelessness, including preventing evictions through advocacy with landlords and in district court and maximizing income by improving access to public benefits. Case management targeting the root causes of housing affordability helps prevent future crises. HPP serves Somerville residents with incomes up to 80% of area median income.

Community Teamwork

Website: <http://www.commteam.org/>

Telephone: (978) 459-0551

Community Teamwork helps people help themselves with childcare, family supports, nutrition, fuel assistance, housing, skills training, employment, financial education, and individual asset and small business development.

Heading Home

Website: <http://www.headinghomeinc.org/>

Telephone: 617.864.8140

Heading Home provides emergency, transitional and permanent housing, and support services to low-income homeless and formerly homeless families and individuals in the communities of Boston, Cambridge, Somerville, Medford, Malden, Everett, Quincy, Chelsea and Revere. Their programs focus heavily on assessment, engagement, individual goal-setting and securing permanent housing for clients as quickly as possible.

The presence of a responsible father promotes academic performance and reduces disciplinary problems among children.



Housing Families, Transforming Lives

Website: <https://housingfamilies.org/>

Telephone: 781-322-9119

Housing Families works to end family homelessness. They provide safe, temporary shelter and quality affordable housing to homeless and at-risk families. They offer individualized supportive services to enrich children's lives, nurture the potential of each family member, and help families maintain permanent housing.

Just-A-Start

Website: <https://www.justastart.org/housing/>

Email: contact@justastart.org

Telephone: 617-494-0444

Just-A-Start provides affordable housing rentals and an array of services to meet the ongoing needs of low and moderate income homeowners in Cambridge. These services include: technical assistance with property maintenance and repair; advisory services for condominium association finances, management, and compliance; education and training courses; Just-A-Start professionals work to prevent evictions and homelessness through mediation, stabilization, rehousing referral, and for eligible clients, financial assistance.

Medford Housing Authority

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

Telephone: 781-396-7200

Medford Housing Authority is a leader in the development, management and administration of subsidized affordable housing for low-income elderly, family and disabled households. The mission is to develop and manage safe, good quality, affordable housing for low-income individuals and families in a manner that promotes citizenship, community and self-reliance. On top of managing several housing tenets, they also participate in a rental voucher program. Participants can apply online.

Merrimack Valley Food Bank

Website: <http://mvfb.org/>

Telephone: 978-454-7272

The Merrimack Valley Food Bank is a community-supported non-profit organization that provides nutritious food and personal care items to emergency feeding programs serving the low-income, homeless and hungry. They are one of four food banks in Massachusetts that serves food pantries, shelters and meal programs that in turn, serve individuals and families.

Somerville Homeless Coalition

Website: <https://www.somervillehomelesscoalition.org/>

Telephone: 617-623-6111

The mission of the Somerville Homeless Coalition is to provide homeless and near homeless individuals and families with individualized supportive services and tailored housing solutions with a goal of obtaining and maintaining affordable housing. Programs include: prevention, affordable housing, shelters, food assistance, and case management.

Somerville Housing Authority

Website: <http://sha-web.org/>

Telephone: (617) 625-1152

The SHA provides access to subsidized housing for eligible low and moderate-income families. They oversee more than 1400 units of affordable housing units in Somerville.

Two-Dollars-A-Bag Fair Foods Surplus Food Distribution Program

Website: http://www.fairfoods.org/index.php?page=dollar_bag.htm

Telephone: 617-288-6185

This program provides large bags of mixed fresh produce for a suggested donation of two dollars. They operate five days a week, distributing food at over twenty sites in churches, schools, and public housing and senior centers across Boston. Check the schedule to see when they are in your area. They have no eligibility requirements, no registration, and no ID checks. Take as many bags as you need for yourself, friends, or family. Come even if you don't have money; they have never turned anyone away.

Child Development/Education

Agenda for Children's Literacy Initiative

Website: <http://www.cambridgepublichealth.org/services/childrens-health/literacy-initiative/index.php>

Email: jbaily@challiance.org

Telephone: 617-665-3812

This **free** program based at the Cambridge Public Health Department works with parents and caregivers to support the development of children's language and literacy skills so that new kindergartners will enter school ready to learn how to read and write.

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

- **Boys & Girls Club Arlington**

Website: <http://www.abgclub.org/>

Email: abgclub@comcast.net

Telephone: 781-648-1617

- **Boys & Girls Club of Assabet Valley**
Website: <http://www.bgcav.org/>
Telephone: (978) 461-2871
- **Boys & Girls Club of Greater Billerica**
Website: <https://www.billericabgc.com/>
Telephone: (978)-667-2193
- **Boys & Girls Club of Greater Lowell**
Website: <http://lbgc.org/>
Telephone: 978-458-4526
- **Boys & Girls Club Hudson**
Website: <http://www.bgcmetrowest.org/locations/hudson-argeo-r-cellucci-jr-clubhouse/>
Telephone: 978-562-9924
- **Boys & Girls Club of Metrowest**
Website: <http://www.bgcmetrowest.org/>
- **Boys & Girls Club of Medford and Somerville**
Website: <http://bgcms.org/>
Telephone: 781-391-5958
- **Boys & Girls Club of Stoneham & Wakefield**
Website: <https://bgcstoneham.org/>
Email: Info@BGCWakefield.org
Telephone: (781) 246-1343
- **Framingham Clubhouse**
Website: <http://www.bgcmetrowest.org/locations/framingham-clubhouse>
Telephone: 508-620-7145
- **James L. McKeown Boys & Girls Club of Woburn**
Website: <http://www.bgcwoburn.org/>
Email: info@bgcwoburn.org
Telephone: (781) 935-3777
- **John M. Barry Boys & Girls Club of Newton**
Website: <http://www.newtonbgc.com/>
Email: info@newtonbgc.com
Telephone: 617-630-2066
- **Medford Clubhouse**
Website: <http://bgcms.org/>
Telephone: 781-391-5958
- **Pleasant Street Clubhouse**
Website: <http://www.bgcmetrowest.org/locations/marlborough-clubhouse/>
Telephone: 508-485-4912
- **Somerville Healey Clubhouse**
Website: <http://bgcms.org/locations/somerville-location/>

Email: dmijares@bgcms.org

Telephone: 617-684-5563

- **Waltham Boys & Girls Club**

Website: <http://walthambgc.org/>

Email: lisalimo@walthambgc.org

Telephone: 781-893-6620

- **Watertown Boys & Girls Club**

Website: <http://www.watertownbgc.org/>

Telephone: 617-926-0968

Cambridge Montessori Preschool

Website: <http://www.cambridgemonessori.org/>

Email: communications@cambridgemonessori.org

Telephone: 617-492-3410

Cambridge Montessori School encourages independent, self-directed learning for life in a child-centered, international community valuing peace, respect for others, and pride in individual differences. They offer both a Toddler Program and a Preschool program (among programs for children up through middle school). Once enrolled in the Toddler Program, toddlers (aged 21 months to 3 years) come to school five days a week, and may choose to stay for mornings-only or a full day. Upon completion of the Toddler program, children join the Primary program. The Primary program is for children aged 3 to 6, and ends with the kindergarden year.

Canterbury Children's Center

Website: <http://www.canterburychildrenscenter.com/>

Email: Canterbury_CC@Verizon.Net

Telephone: (781) 245-9636

Canterbury Children's Center is a multi-service; non-profit, non-denominational program committed to serving the diverse and individual needs of young children starting at the age of 2.9 years. Programs include a variety of preschool programs, extended day care, school vacation week programs, and more.

Community Action Agency of Somerville (CAAS) Head Start

Website: <https://www.caasomerville.org/head-start/>

Telephone: (617) 623-7370

Head Start is a comprehensive developmental preschool program that provides a variety of wrap-around services to low-income children and their families each year. Head Start supports the learning and development of children ages three to five in classrooms located throughout Somerville and Cambridge.

Department of Human Service Programs Preschool

Website: <https://www.cambridgema.gov/DHSP/programsforkidsandyouth/Preschool>

Telephone: 617-349-6254

All classrooms are equipped with activity areas where children explore and engage in developmentally appropriate play. Six classrooms provide full-day (10 hours a day) and year-long care. All programs have a staff-to-teacher ratio of 4 staff to 16 or 17 children. One classroom offers families a half-day, ten-month program. With 5 Preschools throughout the Cambridge area, enrollment is open to all Cambridge residents or city workers on a first-come-first serve basis.

Fletcher Maynard Academy Scholar College Preschool Program

Website:

<http://cpsd.ss5.sharpschool.com/cms/One.aspx?portalId=3042869&pageId=3478396>

Telephone: 617.349.6588

The Fletcher Maynard Scholar College Preschool uses an active participatory learning curriculum that is student-directed involving hands-on experiences with people, objects, events, and ideas. As part of Fletcher Maynard Academy, Scholar College offers an eight-hour school day. Children who enter Fletcher Maynard Scholar College are automatically enrolled at Fletcher Maynard Academy for Kindergarten through Grade 5.

Happy Hours Preschool in Marlborough

Website: <http://www.bgcmetrowest.org/locations/happy-hours-preschool-in-marlborough/>

Telephone: 508-485-4912

Located within the Marlborough Boys and Girls Club, Happy Hours Preschool is fully licensed by the Department of Early Education and Care. Small group and large group activities focus on developing physical, intellectual, social and emotional growth. They offer classes for children 2.9 years – 5 years of age.

Malden Early Education and Learning Program

Website: <http://www.ccab.org/?q=node/196>

Email: Theresa_Ferguson@ccab.org

Telephone: 781-397-6055

The program is a full-day, full-year program, serving children ages 6 weeks old to 5 years old. Every child enrolled in the program receives breakfast, lunch, and one snack daily. It is a full-day, full-year childcare center.

The Discovery Club

Website: <http://www.bgcmetrowest.org/locations/discovery-club-in-marlborough/>

Telephone: 508-485-4912

The Discovery Club after-school childcare programs at the Marlborough Clubhouse is licensed by the Department of Early Education and Care. They provide a diverse program curriculum

and offer daily healthy snacks. The program curriculum offers structured activities and classes designed to create a balance between having fun and working to enrich educational and life experience. The curriculum includes: arts & crafts, instructional gym activities, homework help, new games, science, a healthy habits program, cooking and more.

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Burbank Branch YMCA**
Website: <http://ymcaboston.org/burbank>
Telephone: 781.944.9622
- **Cambridge YMCA**
Website: <http://www.cambridgeymca.org/>
Telephone: 617-661-9622
- **Greater Lowell YMCA**
Website: <http://www.greaterlowellymca.org/>
Telephone: 978-454-7825
- **Malden YMCA**
Website: <http://www.ymcamalden.org/>
Telephone: (781) 324-7680
- **Metrowest YMCA**
Website: <http://www.metrowestymca.org/>
Telephone: Multiple, see website
- **North Suburban YMCA**
Website: <http://ymcaboston.org/northsuburban>
Telephone: 781-935-3270
- **Saugus Family YMCA**
Website: <http://www.ycmetronorth.org/locations/saugus-family-ymca/>
Telephone: 781-233-YMCA (9622)
- **Somerville YMCA**
Website: <http://www.somervilleymca.org/>
Telephone: 617-625-5050
- **Waltham Family Branch YMCA**
Website: <http://ymcaboston.org/waltham>
Telephone: 781-894-5295
- **West Suburban YMCA**
Website: <http://www.wsymca.org/>
Telephone: 617-244-6050
- **YMCA of Metro North (Melrose)**

Website: <http://www.ymcametronorth.org/locations/melrose-family-ymca/>

Telephone: 781-665-4360

Healthcare

Hallmark Health Community Health Education

Website: <https://www.hallmarkhealth.org/Community-Health-Education.html>

The Community Health Education program is committed to giving families the necessary information to live healthier, more productive lives by offering a variety of educational opportunities. Classes are conducted by clinical staff, certified childbirth, CPR and First Aid instructors and other credentialed educators on a variety of including: pre- and post-natal health, childbirth education, breastfeeding, safety education, CPR, First Aid, and the Safe Sitter babysitting course. To fit your busy schedule, classes are offered throughout the year, including evenings and weekends.

Mental Health/Addiction Services

Eliot Community Human Services

Website: <http://eliotchsweb.wpengine.com/>

Email: Contact@eliotchs.org

Telephone: (781) 861-0890

Eliot Community Human Services provides a wide range of community-based services for individuals and families of all ages. Services include: twenty-four hour psychiatric emergency services and crisis stabilization, individual, group and family outpatient counseling, addiction services, in-home therapy, therapeutic mentoring, and early intervention services for children, and community outreach and case management to individuals with mental illness. They oversee residential programs for young children and adolescents in the custody of the Department of Children and Families, residential treatment programs for youth mandated by the Department of Youth Services, and residential, day, social and vocational programs for adults with mental illness, brain injury and developmental disabilities. Eliot also provides outreach, community support and case management to homeless individuals throughout the Commonwealth.

Lahey/Northeast Behavioral Health Corporation

Website: <http://www.nebhealth.org/>

Telephone: 978.968.1700

This organization provides individual and group therapy for mental health and substance use issues; addiction treatment; family services (including couples counseling); mobile crisis teams for behavioral and substance-related emergencies; inpatient psychiatric care, plus home

and school-based programs for children and teens. Services are available in Spanish, Khmer and other languages as well as English.

The Guidance Center

Website: <http://guidancectr.org/>

Telephone: Multiple, see website

The Guidance Center provides mental healthcare, early childhood programs and family support services throughout Cambridge, Somerville and nearby communities. They offer an integrated range of flexible services that wrap around the entire family.

The Resource and Reclamation Center

Website: https://www.facebook.com/pg/thereclamationcenter/about/?ref=page_internal

Email: thereclamationcenter@gmail.com

Telephone: 978-455-8795

The Reclamation Center offers a safe, positive environment where an individual can come and get information on substance use, reducing recidivism, and learn new skills to live a healthy and productive life. They offer a program specifically for fathers in recovery. Drop-ins welcome.

Parenting Support/Child Development

Anne Sullivan Early Childhood Program

Website: <http://www.thomchild.org/anne-sullivan-center.htm>

Email: pwolfe@thomchild.org

Telephone: (978) 453-8331

This program offers early intervention services to children birth to three years of age who exhibit developmental delays, have a diagnosed condition or who are at-risk for developmental delays due to biological, medical or environmental risk factors. Services include developmental screenings and evaluations, service coordination, referrals and consultations, and much more. There are no out-of-pocket costs to families for these services.

Ayer-Shirley Regional School District (CFCE)

Website: <https://familypartnershipcenter.weebly.com/>

Email: familypartnershipcenter@yahoo.com

Telephone: (978) 772-8600 ext. 1428

The Coordinated Family and Community Engagement (CFCE) Program provides free programming to families with young children. CFCE programs provide a variety of services which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The Ayer-Shirley CFCE is organized through the Ayer-Shirley Regional School District.

Beginning Bridges CFCE

Website: https://www.facebook.com/pg/thebeginningbridgescfce/about/?ref=page_internal

Email: emurray@smoc.org

Telephone: (508) 278-5110

Beginning Bridges CFCE supports parents in the communities of Mendon, Upton, Northbridge and Uxbridge. They provide **free** comprehensive services. Programs include: weekly playgroups, music and movement activities, early literacy skills story hours, parent education programs, and the Ages & Stages Developmental Questionnaire. They also connect families to needed resources.

Cambridge Dads

Website: <http://www.cambridgema.gov/DHSP/programsforfamilies/centerforfamilies.aspx>

Email: cambdads@cambridgema.gov

Telephone: 617-349-6385

This program of the Cambridge Center for families promotes active fatherhood and self-care for men. View their website to find family and dads-only activities.

Cambridge Public Schools Special Start

Website: http://www.cpsd.us/departments/special_start

Telephone: 617.349.6883

Special Start provides services for preschool aged children requiring special education, which include: screening, evaluation, development of Individualized Education Programs, walk-in-therapy, direct instruction in inclusionary, integrated and substantially separate classrooms and other services as deemed necessary through the team evaluation process.

Communities United, Inc. (CFCE)

Website: <https://www.communitiesunitedinc.org/community-programs>

Telephone: 617-744-6076

Communities United, Inc. currently serves the following 7 towns: Arlington, Burlington, Lexington, Needham, Waltham, Wellesley, and Woburn. They offer free parent child playgroups, raising a reader groups, parenting workshops (on child health, developmental milestones, financial education, nutrition, literacy), and special family events throughout the year. They can also help provide you with free information and referrals to other local resources.

Criterion – Stoneham Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/22>

Telephone: (781) 935-3855

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize

available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Criterion – Medford Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/23>

Telephone: (781) 321-0645

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child’s developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Criterion – Middlesex Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/26>

Telephone: (508) 620-1442

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child’s developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Early Childhood Programs and Services (CFCE)

Website: <http://www.commteam.org/how-we-help/community-volunteering/coordinated-family-community-engagement/>

Telephone: (978) 654-5676

Community Teamwork’s Coordinated Family and Community Engagement program (CFCE) provides resources, referrals and support to families with children from birth to age 8. They provide families with access to comprehensive services, evidence-based early literacy and family literacy opportunities, and supports that allow for continuity through early childhood transitions, playgroups, parent workshops, family enrichment and referral assistance to families.

EMARC

Website: <https://theemarc.org/our-services/family-support/>

Telephone: 781.942.4888

EMARC supports families with children or adults with disabilities. Services include respite care to support families caring for their sons and daughters with developmental disabilities at home and family support groups for parents and siblings of people with disabilities.

Everett Coordinated Family & Community Engagement (CFCE)

Website: <http://everettcfce.simplesite.com/>

Telephone: 617-545-6239

The Everett CFCE is a community based Family Support and Education Program administered by the Everett Public Schools for families with children from birth through 8 years old. The Program offers play and learn groups, parent workshops, family events, stem classes and a new moms group for everett residents. all of the classes and activities are offered **free** of charge.

Families First Parenting

Website: <https://www.families-first.org/>

Email: web@families-first.org

Telephone: 617.868.7687

Families First is a parenting education network that meets parents where they are. They provide parenting workshops which focus not on blame, but on finding each parent's strengths and adding to those.

Family Resources of Natick (CFCE)

Website: <http://www.natickfamilies.org/>

Telephone: 508-655-2557

This CFCE program offers **free** parent-child playgroups, drop-in playtimes, information about preschool, help with the transition to kindergarten, child development resources including parenting workshops and a developmental screening tool, a lending library of parenting books, and support, resources and referrals to all Natick families with children through the early elementary school years.

First Connections (CFCE)

Website: <https://jri.org/services/foster-adoption-ecs/first-connections>

Email: mbeilman@jri.org

Telephone: (978) 429-8284

First Connections is a non-profit, family support organization that provides comprehensive services to families with young children birth through age eight. First Connections serves a large geographic area that encompasses eleven metro-west communities.

Framingham Early Childhood Alliance

Website: <https://www.framingham.k12.ma.us/Domain/72>

Telephone: 508-782-6932

The Early Childhood Alliance of Framingham provides services to families with children birth-age 8. Services include child/caregiver playgroups, family support and education, and providing referrals to community resources.

Healthy Families

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

- **Healthy Families Central Middlesex** (Serving: Acton, Arlington, Bedford, Belmont, Boxborough, Burlington, Cambridge, Carlisle, Concord, Lexington, Lincoln, Littleton, Needham, Newton, Somerville, Waltham, Watertown, Wellesley, Weston, Wilmington, Winchester, and Woburn)
Website: <http://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support/Healthy-Families>
Telephone: 781-693-1232
- **Healthy Families Framingham/Milford** (Serving: Ashland, Bellingham, Blackstone, Douglas, Foxborough, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Maynard, Medfield, Medway, Mendon, Milford, Millis, Millville, Natick, Norfolk, Northborough, Northbridge, Plainville, Rockdale, Sherborn, Southborough, Stow, Sudbury, Sutton, Upton, Uxbridge, Walpole, Wayland, Westborough, and Wrentham)
Website: <https://www.criterionchild.com/index.php/programs/newborn-home-visiting>
Telephone: (508) 879-1726
- **Healthy Families Lowell** (Serving: Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsborough, and Westford)
Website: <https://www.mspcc.org/our-services/pregnancy-parenting-support/>
Telephone: (978) 937-3087
- **Healthy Families Melrose/Wakefield** (Serving: Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield)
Website: <https://www.hallmarkhealth.org/north-suburban-child-and-family-resource-network/Page-6.html>
Telephone: (781) 338-7550

Malden Public Schools Early Learning Center (CFCE)

Website: <https://maldenps.org/early-learning-center/>

Telephone: 781-397-7025

The ELC enrolls students all year long. If you have a young learner who is 3-5 years old, call for more information about their half day and full day programs as well as two day, three day, or five day-a-week opportunities for your child to prepare for Kindergarten.

Medford Family Network (CFCE)

Website: <https://www.medfordpublicschools.org/departments-programs/medford-family-network/>

Email: mcassidy@medford.k12.ma.us

Telephone: 781-393-2106

The Medford Family Network (MFN) is a family support and parenting education program that is available to every child and caregiver who lives or works in Medford with at least one child prenatal through age seven. Services include: English for Speakers of Other Languages (ESOL) classes, information and referral services, parenting education programs, parent support group at Medford Housing, playgroups, and specialized support groups (e.g., Dads are Great!, Life Transitions, parents of children with special needs, grandparents program).

Newton Community Partnerships for Children & Families (CFCE)

Website: <https://www.newton.k12.ma.us/site/Default.aspx?PageID=1166>

Email: Beverly_Mobilia@newton.k12.ma.us

Telephone: 617-559-2062

Newton Community Partnerships for Children & Families provides families with connections to locally based comprehensive services, evidence-based early literacy opportunities, educational experiences rooted in the science of child development, and supports to promote successful early childhood transitions. They reach out to families with children age birth to 7 years, with targeted outreach to families with high needs who are not engaged in a system.

Parenting Journey

Website: <https://parentingjourney.org/>

Telephone: (617) 628-8815

Parenting Journey offers a 12-14 week program in Somerville, MA to help mothers, fathers, and caregivers increase their confidence, capability, and resiliency – as individuals and as parents. While nurturing oneself and their children, each parent lays the groundwork for strong family relationships.

Saugus CFCE

Website: <https://www.sauguscfce.com/>

The Saugus CFCE (Coordinated Family & Community Engagement) connects families to local resources and supports families as they are their child's first educator. They provide parent trainings, family playgroups, family activities, and help through educational transitions.

Somerville Family Learning Collaborative

Website: <http://www.somerville.k12.ma.us/district-departments/somerville-family-learning-collaborative-sflc>

Email: ndavidson@k12.somerville.ma.us

Telephone: (617) 625-6600 x6966

The SFLC provides a variety of resources, support services, and programs to help meet the needs of Somerville families in supporting their children's learning and well-being, birth to adulthood. Services include: playgroups for birth to 5 years, parent support groups, developmental screenings for children 1 month to 5 years old, information, referral and resources, parent/guardian english classes, and a home visiting program.

The Center for Families

Website: <http://www.cambridgema.gov/DHSP/programsforfamilies/centerforfamilies.aspx>

Telephone: 617-349-6385

The Center for Families offers Cambridge families with children birth-8 parenting education and support through: drop-in babytime infant playgroups / parent support groups, baby massage/nurturing touch & infant development series, parenting education workshops, fatherhood program/programs just for dads, information and referrals to community services, and concrete support in times of need. The Center for Families has staff that speak 13 different languages."

The Freedman Center at William James College

Website: <http://www.williamjames.edu/community/freedman-center/about.cfm>

Email: freedmancenter@williamjames.edu

Telephone: 617-332-3666

The Freedman Center for Child and Family Development was established to help connect children and families with appropriate information, providers, resources, and one another to serve their mental health and wellness needs. Services include: continuing education programs for professionals, consultation to and collaboration with community partners, training of future mental health providers, and participation in state and legislative initiatives and social advocacy.

Together We Can Family Network (CFCE)

Website: <https://www.ymcaofcm.org/yfcp/>

Telephone: 508-865-5920

Together We Can provides support, activities, education and resources/referrals to all families with children from birth through school age in the following 15 communities: Auburn, Berlin, Blackstone, Boylston, Douglas, Grafton, Hudson, Marlborough, Millbury, Millville, Northborough, Shrewsbury, Southborough, Sutton, and Westborough. Programs and services include: Play & Learn Groups, Parent Workshops, Early Literacy Activities, STEM (Science, Technology, Engineering and Math) Activities, Ages & Stages Questionnaire, Transition to Pre-school and Kindergarten, and General/Emergency Resources and Referral Information.

Watertown Family Network (CFCE)

Website: <https://sites.google.com/a/watertown.k12.ma.us/wfn/>

Telephone: (617) 926-1661

This organization provides age-appropriate furnishings, toys, books and equipment to be enjoyed by you and your children. Services are offered to all parents and family caregivers of infants and toddlers, ages babies-to-be to four years old. They offer workshops for parents, facilitated playgroups, and drop-in playtimes.

Norfolk County

Wraparound Services

Quincy Family Resource Center

Website: <http://quincycfamilyrc.org/>

Telephone: 617-481-7227

QFRC provides community-based, multi-cultural programs, support groups, early childhood services, information and referral resources, and education for families whose children range in age from birth to 18. Their services include access to assistance with health, safety, employment training, education in nutrition, numerous community services, support groups for youth of all ages in self-esteem and relationship building, and support groups for parents, grandparents, guardians, caregivers, other family members, and any member of the community seeking support.

Quincy Community Action Programs, Inc. Community Care for Kids

Website: <http://www.qcap.org/our-programs>

Telephone: (617) 479-8181

Quincy Community Action Programs, Inc. (QCAP) is dedicated to helping low and moderate-income people improve the quality of their lives and achieve self-sufficiency. The service area

includes the communities of Quincy, Weymouth, Braintree, Milton, Hull, as well as more than 80 cities and towns in Norfolk County, Metro Boston, and South Shore Communities. Programs include: adult education & workforce development, early childhood education & care, food & nutrition, energy programs, money management, and housing programs.

Quincy WIC Program

Website: <https://wic.bamsi.org/>

Telephone: Multiple, see website

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

Adult Education/Career Training

MassBay Community College Community Education Program

Website: <http://www.massbay.edu/Community-Education-and-Partnerships/Corporate---Community-Education.aspx>

Email: cce@massbay.edu

Telephone: 508-270-4100

CCE helps individuals meet their professional development goals and needs. For individuals seeking to take their career to the next level, or in a different direction, they offer a wide variety of courses and programs for individual, professional advancement. Programs include: Clinical Healthcare Informatics Certificate MEDITECH, Community ESL Classes, Computer Skills, CNC Certification, CPR Training, Ed2Go, Medical Interpreter Program, and Nursing Assistant Program.

Basic Needs

Weymouth Housing Authority

Website: <https://affordablehousingonline.com/housing-authority/Massachusetts/Weymouth-Housing-Authority/MA045>

Telephone: (781) 331-2323

The Weymouth Housing Authority provides affordable, decent, safe, and sanitary housing through the preservation of existing

housing units and the development of new housing units. The Housing Authority owns and manages developments for families. Other services include applications for disability housing, family housing, and state emergency housing.

Child Development/Education

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Charles River Family Branch YMCA**
Website: <http://ymcaboston.org/charlesriver>
Telephone: 781.444.6400
- **Hockomock Area YMCA (Franklin)**
Website: <https://www.hockymca.org/franklin/>
Telephone: 508.528.8708
- **Hockomock Area YMCA (Foxboro)**
Website: <https://www.hockymca.org/foxboro/>
Telephone: 508.543.2523
- **Quincy YMCA**
Website: <http://ssymca.org/quincy/>
Telephone: (617) 479-8500
- **Stoughton YMCA**
Website: <https://www.oldcolonymca.org/locations/stoughton>
Telephone: 781-341-2016

Mental Health/Addiction Services

Bay State Community Services

Website: <http://baystatecs.org/services/child-family/>

Email: Info@baystatecs.org

Telephone: (617) 471-8400

Bay State's Child & Family Services focus on your family, recognizing that you are the expert in determining what your family

Children with
actively involved
fathers are: 43%
more likely to earn
A's in school and
33% less likely to
repeat a grade than
those without
engaged dads.



needs. In order to ensure that you have the resources, support and clinical care you deserve, they have carefully designed a comprehensive array of service options for your family to choose from in order to help you live and grow together in your community.

Parent Information Network

Website: <http://www.bamsi.org/program/parent-information-network-pin/>

Email: pin@bamsi.org

Telephone: 508-947-8779

Parent Information Network (PIN) is a parent information and support program designed by parents and professionals to help families of children and young adults ages 5-25 with serious emotional, behavioral, and/or mental health challenges. Services include: parent support groups, one-on-one support, parent/community education, a resource center, and a fathers support group.

Riverside Community Care

Website: <http://www.riversidecc.org/>

Telephone: 781.329.0909

Riverside Community Care provides children, adolescents, and adults with a broad range of behavioral healthcare and human services. They offer mental healthcare, developmental and brain injury services, youth and early childhood programs, addiction treatment, trauma response, and more.

Parenting Support/Child Development

Brookline Early Childhood Program (CFCE)

Website: <https://www.brookline.k12.ma.us/Domain/15>

Telephone: 617-713-5471

The program supports each child's individual needs and nurtures a sense of confidence and developing independence. All their classrooms are special education inclusive. This means that some of the children enter the program with special needs that have been identified by an evaluation process. As part of the individualized program that all children receive, these children might also participate in speech and language therapy, occupational therapy and/or physical therapy. The therapists typically work in the classroom with small groups of children. The mix of needs, abilities and interests of our students along with the insights and expertise of the interdisciplinary team, results in an enriched environment for all.

Enable, Inc.

Website: <http://www.enableinc.org/index.html>

Telephone: (781) 828-4770

Enable, Inc. provides a variety of educational, social, rehabilitative and therapeutic services to children, adolescents and adults. For all these individuals and their families, Enable creates a continuum of unique and innovative services that facilitate individual growth and family integration. These services, which are individually-centered, family-focused, and delivered in a developmental context, enable individuals to realize their potential. Services include childcare, mental health consultations for children, early intervention, family stabilization, and case management for individuals with disabilities.

First Early Intervention

Website: <https://arcsouthshore.org/what-we-do/first-early-intervention.html>

Email: irstei@arcsouthshore.org

Telephone: (781) 331-2533

Early Intervention ("EI") is an integrated developmental service, offering both evaluation and therapeutic services to children from their birth to three years of age who have developmental concerns due to biological, medical or environmental factors. EI services are provided individually in the home, in small, integrated groups at the center and in a range of community settings. A variety of parent support, educational and resource referral services are also provided.

Healthy Families Blue Hills

(Serving: Braintree, Canton, Dedham, Dover, Milton, Norwood, Quincy, Randolph, Sharon, Westwood, and Weymouth)

Website: <http://healthimperatives.org/family-support/>

Email: info@healthimperatives.org

Telephone: (508) 583-3005

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

Milton Early Childhood Alliance (CFCE)

Website: <http://miltonearlychildhoodalliance.org/home0.aspx>

Email: cpcmecasld@verizon.net

Telephone: 617-696-2262

The Milton Early Childhood Alliance (MECA) is a community-wide group that seeks to support families and children, and to expand access to affordable, high quality early childhood care and

education. MECA assists families with finding childcare, provides financial assistance, activity groups, early literacy programs, and more.

Norwood CFCE

Website: <http://www.norwood.k12.ma.us/curriculum/CFCE.cfm>

Telephone: (781) 440-5983

Norwood's Coordinated Family & Community Engagement (CFCE) Grant provides tuition assistance for preschool or childcare. They also provide a variety of parent-child activities for preschoolers and their parents during the academic year. The CFCE Grant also allows for the coordination of services for families, including support for families in making school transitions, building resilience in coping with transitions, and connecting the parent community through literacy and parenting workshops.

Self Help Inc. CFCE

Website: <http://selfhelpcpc.org/>

Telephone: 508-559-1666

Self Help Inc. CFCE provides **free**, educational activities, programs, information and resources. Their services to families include: parent/child playgroups, literacy groups, parent workshops and more.

Step One Early Intervention

Website: <http://www.ssmh.org/our-programs/for-children-families/early-intervention/>

Telephone: 617.847.1950

Serving clients from Quincy, Milton, and Randolph, Step One Early Intervention is available to families of infants and toddlers with special needs, including developmental disabilities, developmental delays, and environmental or biological risk factors. Working collaboratively with parents and outside care professionals, the team conducts developmental assessments, creates individual family service plans, and offers developmental and therapeutic intervention and ongoing education and support to enable families to best meet the needs of their children.

Walpole CFCE

Website: http://www.walpole.k12.ma.us/for_parents/community_resources/WalpoleCFCE

Email: ysammarco@walpole.k12.ma.us

Telephone: (508) 660-7374 ext. 5656

Serving the communities of Walpole, Medfield, Millis, Medway, Dover & Sherborn, the Walpole Coordinated Family and Community Engagement Programs (Walpole CFCE) is a community-wide group that supports families and children, and expands access to affordable, high quality early childhood care and education.

Westwood Early Childhood Office (CFCE)

Website: <http://www.westwood.k12.ma.us/early-childhood-council/>

Telephone: (781) 461-9548

The Westwood Early Childhood Office is home of the Coordinated Family and Community Engagement Grant (CFCE) which supports families with children ages birth through eight. They provide the following programs and services: parent education workshops, early literacy and learning activities, assistance with basic family needs, and early educator training and support.

Weymouth CFCE

Website: <http://www.weymouthchildfamilycommunitycenter.com/>

Email: maggie.murphy@weymouthschools.org

Telephone: 781-340-6098

The CFCE provides families access to: parent education workshops, the weymouth child family community center, playgroups, community resources including referrals, and family literacy and school readiness activities.

Plymouth County

Wraparound Services

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Brockton WIC Program**

Website: <http://www.bamsi.org/program/women-infants-children-wic/>

Telephone: 508-588-8241

- **Plymouth WIC Program**

Website: <http://healthimperatives.org/women-infants-and-children-wic-nutrition-program/>

Telephone: 508-778-5451

Adult Education/Career Training

Massasoit Community College Community Education

Website: <http://www.massasoit.edu/corporate-and-community-education/community-education/index>

Email: ktilden@massasoit.mass.edu

Telephone: 508-588-9100 ext. 1310

The Community Education department at Massasoit serves a broad population of students, some of whom are developing skills to take their career to the next level, others who are training for a new career, and others who simply want to learn something new for their own personal interest. Their non-credit courses are offered in the evening, on weekends and online. Career related courses prepare students for work in healthcare, business, technology, legal and other fields. Courses in art, languages, recreation, fitness, crafts and travel are offered for personal enrichment.

Basic Needs

Brockton Housing Authority

Website: <http://www.brocktonhousingauthority.com/>

Telephone: 508-588-6880

The Brockton Housing Authority provides a variety of support around housing for Brockton residents. They manage 1,951 apartments in 16 public housing developments throughout Brockton as well as 1000 rent-assisted apartments/houses. They also manage the Section 8 rental assistance program and help develop affordable private homes for ownership and rental that enable families to move beyond public assistance and become self-sufficient.

Father Bill's & Mainspring

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

Email: cmreilly@helpfbms.org

Father Bill's & Mainspring's programs provide emergency and permanent housing and help people obtain skills, jobs, housing, and services. They help people who are struggling with homelessness, or are at risk of homelessness, to achieve self-sufficiency.

South Shore Community Action Council

Website: <http://www.sscac.org/index.html>

Telephone: (508) 747-7575

South Shore Community Action Council provides a range of critical services to low-income individuals and families on the South Shore of Massachusetts. SSCAC runs many programs in the areas of youth and family development, income maintenance, nutrition, emergency

assistance, self-sufficiency, energy assistance, employment, and transportation assistance, and early education.

South Shore Housing

Website: <http://www.southshorehousing.org/>

Telephone: 781-422-4200

SSH helps low- and moderate-income families and individuals secure affordable housing and use that housing as a foundation for improving their economic stability and wellbeing. Programs and resources include: housing for homeless families, homeless prevention initiatives, training and support for homebuyers and owners, and development and management of affordable housing.

Child Development/Education

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

- **Boys & Girls Club of Brockton**
Website: <http://www.bgcbrockton.org/>
Telephone: (508) 584-5209
- **Boys & Girls Club of Plymouth**
Website: <http://www.bgcplymouth.org/>
Email: cyoung@bgcplymouth.org
Telephone: 508-746-6070
- **Marshfield Boys & Girls Club**
Website: <http://www.marshfieldbgc.com/>
Email: Membership@bgcmarshfield.com
Telephone: 781-834-2582
- **Wareham Unit**
Website: <http://www.bgcnewbedford.org/wareham-unit1>
Telephone: 774-678-0897

The Boys & Girls Club's unit programs enable the Club to serve children where they are: in their neighborhoods. Units offer all the programs that are offered in the Club's main building: homework help, computer activities, cooking, sports, games, gardening, photography, and more. Unit children also have access to the Club's gym, pool, and climbing wall.

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Brockton Branch YMCA**
Website: <https://www.oldcolonyymca.org/locations/brockton>
Telephone: 508-583-2155
- **East Bridgewater Branch YMCA**
Website: <https://www.oldcolonyymca.org/locations/east-bridgewater>
Telephone: 508-378-3913
- **Gleason Family YMCA**
Website: <https://www.ymcasouthcoast.org/locations/wareham/>
Telephone: 508.295.9622
- **Middleboro YMCA**
Website: <https://www.oldcolonyymca.org/locations/middleboro>
Telephone: 508-947-1390
- **Plymouth YMCA**
Website: <https://www.oldcolonyymca.org/locations/plymouth>
Telephone: 508-927-3100
- **South Shore YMCA (Emilson Branch)**
Website: <http://ssymca.org/millpond/>
Telephone: (781) 829-8585
- **YMCA Southcoast (Mattapoisett)**
Website: <https://www.ymcasouthcoast.org/locations/mattapoisett/>
Telephone: 508.758.4203

Mental Health

Parent Information Network

Website: <http://www.bamsi.org/program/parent-information-network-pin/>

Email: pin@bamsi.org

Telephone: 508-947-8779

Parent Information Network (PIN) is a parent information and support program designed by parents and professionals to help families of children and young adults ages 5-25 with serious emotional, behavioral, and/or mental health challenges. Services include: parent support groups, one-on-one support, parent/community education, a resource center, and a fathers support group.

Parenting Support/Child Development

Brockton CFCE

Website: <https://www.brocktonpublicschools.com/parents-community/coordinated-family-community-engagement>

Email: joniblock@bpsma.org

Telephone: 508-580-7491

The Brockton CFCE program serves families with children from birth–school age, offering access to comprehensive services and supports that help to strengthen families. **Free** services include: informational workshops and support groups for families; playgroups, family literacy activities, information, resources, and specific referrals to community services, kindergarten information and resources for transitions among and between programs, and a drop-in center where children and families can play, learn, and be together.

Brockton Early Childhood Intervention Program

Website: <http://www.bamsi.org/program/brockton-early-childhood-intervention-program/>

Telephone: 508-586-5977

The Brockton Early Childhood Intervention Program provides therapeutic support to children, birth to three years old, who have developmental delays or are at risk for such delays. The goal of Early Intervention is to assess and provide services to children, as early as possible, so they can reach their full potential. Early Intervention is an open referral program, which includes: initial evaluation, individualized planning, developmental goals, home, community and center-based services and transition planning.

Health Imperatives, Inc.

Website: <http://healthimperatives.org/>

Email: info@healthimperatives.org

Telephone: (508) 583-3005

Health Imperatives, Inc. supports families and individuals who are struggling to cope with the devastating effects of poverty and violence, individuals who are worried about their health and safety, and parents who may be unprepared for the challenges of raising young children. Their health, nutrition, and counseling programs provide help, hope, and opportunity to local families and individuals.

Healthy Families

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

- **Healthy Families Brockton** (Serving: Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Stoughton, West Bridgewater, and Whitman)
Telephone: (774) 381-7108
- **Healthy Families Greater Plymouth** (Serving: Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, Rockland, Cohasset, Hingham, Hull, Norwell, and Scituate)
Website: <https://www.kdc.org/services/healthy-families/>
Telephone: (508) 747-2012 ext. 7

Hull Family Network (CFCE)

Website: http://www.town.hull.ma.us/Public_Documents/HullMA_FamNet/homepage

Email: jmacdonald@town.hull.ma.us

Telephone: 781-925-4400 ext. 1108

The Hull Family Network supports parents and caregivers that have children prenatal through age eight. Support is provided through: parent-child playgroups, parent education workshops, parent support groups, home visits and special family events. Families are offered access to a variety of other resources and referrals as needed. All services are **free** and offered to any resident of the Town of Hull. Residents of other towns may attend on a space available basis.

Marshfield CFCE

Website: <https://www.mpsd.org/domain/156>

Telephone: 781-834-5572

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. CFCE programs:

Provide support and information to families, Promote parent education and early literacy, and provide families access to information about early education and care opportunities and other community resources that support parents in their role as their child's first teacher.

Old Rochester CFCE

Website: http://www.oldrochester.org/pages/ORR/District/SPEC-ED/Early_Childhood_Home/Early_Childhood_Home

Telephone: (508)748-1863

The Department of Early Education and Care Connecting Families and Community Engagement (CFCE) funding provides all families with access to locally available comprehensive services and supports that strengthen families, promote optimal child development and bolster school readiness.

The Family Center-Community Connections of Brockton

Website: <http://www.ccbrockton.org/>

Telephone: 508-857-0272

This organization supports families to strengthen their bonds, connect to others, and engage in their community. Services include: strengthening parenting skills, linking families to community supports, helping children develop social and emotional skills, immigration Consultation & Life Skills Workshops, and assisting families in crisis.

The Plymouth Family Network

Website: <http://www.plymouth.k12.ma.us/page.cfm?p=73>

Email: pfn@plymouth.k12.ma.us

Telephone: 508-830-4444

PFN provides support to families with young children and expectant parents living in the town of Plymouth. PFN provides parent outreach, education, and community support services designed to make parenting less stressful, build on family strengths, and enhance school readiness. All services are **free** of charge. Services include: resources and referrals, parent education programs, playgroups, family literacy activities, parent/child workshops, a newborn visiting program, support groups, and parent leadership opportunities.

Suffolk County

Wraparound Services

Boston-Suffolk County Family Resource Center

Website:

<http://www.thehome.org/site/PageServer?pagename=FamilyResourceCenter#.VISAI02FOUK>

Telephone: 617-469-8501

Family Resource Centers (FRCs) provide services to strengthen families by connecting them to resources within their own communities and offering innovative programming. In addition to assisting families with finding resources, the FRCs support families with youth who are at risk of needing court involvement (Child Requiring Assistance – CRA) because of their behavior. Services include: child care, early childhood education, english as a second language, family support, financial assistance, housing assistance, legal support, medical services, mental health services, and help for recovering from substance use.

Children Services of Roxbury

Website: <https://csrox.org/>

Telephone: 617-445-6655

This organization provides high-quality services to economically-disadvantaged children, youth, families, and individuals thereby promoting and strengthening family life and individual growth. Services include: early education and care, behavioral health services, parent mentoring, housing and stabilization services.

Smart from the Start

Website: <http://smartfromthestartinc.org/>

Email: info@SmartFromTheStartBoston.org

Telephone: (857) 308-3000

Smart from the Start is a family support, community engagement and school readiness organization. Programs include curriculum-based play-to-learn and socialization groups, field trips, language and literacy activities, basic math skills, along with many other fun, innovative early learning programs for infants, toddlers and preschoolers. Smart addresses the needs of every member of the family. Adult caregivers have access to crisis intervention and family stabilization and offers ESOL, GED and financial literacy/career planning and computer classes. Referrals are made for additional support services as deemed necessary.

South Boston Neighborhood House

Website: <https://sbnh.org/>

Telephone: 617-268-1619

The South Boston Neighborhood House offers programs for everyone in South Boston: infants, children, teens, families, and seniors. Program components include: Literacy events, Read & Rise program, Moms and Music, Countdown to Kindergarten, Young Parents Nurturing program, the Parenting Education and Support Program, Parent Café series, Welcome Baby visits and infant massage classes, and Career Development.

The Home for Little Wanderers

Website: <http://www.thehome.org/site/PageServer>

Telephone: 617-267-3700

The Home for Little Wanderers provides a seamless continuum of vital programs and services for every stage of child and family development. Serving children and youth from birth to 22, The Home's network of services include behavioral health, therapeutic residential and special education, adoption and foster care.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **Blue Hill Corridor WIC Program**

Website: http://www.wicprograms.org/li/blue_hill_corridor_wic_program_02121

Telephone: (617) 822-5588

- **Brighton/Roslindale WIC Program**
Website: <https://www.mass.gov/locations/brighton-wic-program>
Telephone: (617) 254-0492
- **Chelsea/Revere WIC Program**
Website: <https://www.facebook.com/chelseareverewicprogram>
Telephone: 617-887-4340
- **Dorchester North WIC Program**
Website: <https://www.mass.gov/locations/dorchester-northmattapan-wic-program-main-clinic> Telephone: (617) 825-8994
- **Dorchester South WIC Program**
Website: <https://www.hhsi.us/wic/>
Telephone: (617) 825-0805
- **East Boston WIC Program**
Website: <https://www.mass.gov/locations/east-boston-wic-program-main-clinic>
Telephone: (617) 568-6440
- **Jamaica Plain WIC Program**
Website: <https://www.mass.gov/locations/jamaica-plain-wic-program>
Telephone: (617) 919-7885
- **Roxbury/South End WIC Program**
Website: <https://www.mass.gov/locations/roxburysouth-end-wic-program-main-clinic>
Telephone: (617) 989-3055
- **South Cove WIC Program**
Website: <https://www.facebook.com/SouthCoveWicProgram/>
Email: wicsouthcove@gmail.com
Telephone: (617) 521-6777
- **South End WIC Program**
Website: <http://www.sechc.org/care/wic>
Email: wic@sechc.org
Telephone: 617.425.2070

Adult Education/Career Training

Bunker Hill Community College's Adult Basic Education & Transition Programs

Website: tborge@bhcc.mass.edu

Email: tborge@bhcc.mass.edu

Telephone: 617-228-2108

The Adult Basic Education & Transitions to College programs offer **free** classes for adults to develop English language proficiency, skills to acquire the High School Equivalency Credential, and skills to successfully transition to college-level programs.

Bunker Hill Community College Community Education

Website: <http://bhcc.edu/ce/>

Email: Commed@bhcc.mass.edu

Telephone: 617-228-2462

Community Education empowers personal advancement offering market-driven courses designed to achieve students' personal and professional goals. It offers many affordable classroom, hybrid and online courses, many of which are a bridge to certificate and degree programs. Programs include: Basic and intensive english, health and medical programs, and IT/computer programs.

Roxbury Community College

Website: <http://www.rcc.mass.edu/workforce-development/online-courses-contact-us>

Email: spina@rcc.mass.edu

Telephone: 857-701-1604

The Office of Community Education focuses its efforts on providing training and education for a prepared workforce. They team works with individuals to provide training and education for those seeking new careers or interested in updating their skills.

Basic Needs

Crossroads Family Shelter

Website: <http://www.ebcrossroads.org/>

Email: info@ebcrossroads.org

Telephone: (617) 567-5926

Crossroads' mission is to "support families as they transition from homelessness to independent living and self-sufficiency". Crossroads provides shelter, case management, housing search, stabilization services, and food pantry assistance to homeless, formerly-homeless and low-income families.

Heading Home

Website: <http://www.headinghomeinc.org/>

Telephone: 617.864.8140

Heading Home provides emergency, transitional and permanent housing and support services to low-income, homeless, and formerly homeless families and individuals in the communities of Boston, Cambridge, Somerville, Medford, Malden, Everett, Quincy, Chelsea and Revere. Programs focus heavily on assessment, engagement, individual goal-setting and securing permanent housing as quickly as possible.

Housing Families, Transforming Lives

Website: <https://housingfamilies.org/>

Telephone: 781-322-9119

Housing Families works to end family homelessness. They provide safe, temporary shelter and quality affordable housing to homeless and at-risk families. They offer individualized supportive services to enrich children's lives, nurture the potential of each family member, and help families maintain permanent housing.

Two-Dollars-A-Bag Fair Foods Surplus Food Distribution Program

Website: http://www.fairfoods.org/index.php?page=dollar_bag.htm

Telephone: 617 288 6185

This program provides large bags of mixed fresh produce for a suggested donation of two dollars. They operate five days a week, distributing food at over twenty sites in churches, schools, and public housing and senior centers across Boston. Check the schedule to see when they are in your area. They have no eligibility requirements, no registration, and no ID checks. Take as many bags as you need for yourself, friends, or family. Come even if you don't have money; they have never turned anyone away.

Childcare

Boston Community Partnerships for Children (CFCE)

Website: <http://mydorchester.org/Boston-Community-Partnerships-for-Children>

Email: dgantt@boston.k12.ma.us

Telephone: (617) 635-6538

The Boston Community Partnerships for Children works to ensure that parents and families of children ages 0-8 have access to quality childcare. Community Partnerships brings together all sectors (center based, family child care, head start and public schools) of the early childhood community in Boston to make child care better and more affordable.

Child Care Choices of Boston

Website: <http://childcarechoicesofboston.org/>

Email: childcarechoicesofboston@bostonabcd.org

Telephone: 617-542-5437

CCCB plays a key role in making child care work for everyone by providing support, resources, technical assistance and training to a diverse community of families, child care providers, employers and businesses in the greater Boston area. CCCB provides low-income families with voucher management services that enable access to much needed child care.

Nurtury's Family Child Care System

Website: <http://www.nurturyboston.org/>

Telephone: 617.695.0700

Nurtury provides a comprehensive range of services for children as well as support for their families and communities. Their early care and education centers and family child care

educators focus on developing each child's cognitive, social-emotional, physical, literacy and pre-math skills. Nurtury's multi-layered outcome measurement system uses research-based assessment tools for: child assessments to help determine school readiness; individual classroom assessments focused on quality; and nationally recognized program accreditation.

Child Development/Education

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

- **Boys & Girls Club of Boston**
Website: <https://www.bgcb.org/>
Email: info@bgcb.org
Telephone: 617.994.4700
- **Boys & Girls Club of Dorchester**
Website: <http://bgcdorchester.org/>
Email: info@bgcdorchester.org
Telephone: 617.288.7120
- **Boys & Girls Condon Club**
Website: <http://www.bgcb.org/find-your-club/condon-club/>
Telephone: 617-307-6075
- **Charlestown Boys & Girls Club**
Website: <http://www.bgcb.org/find-your-club/charlestown-club/>
Telephone: 617-242-1775
- **Colonel Daniel Marr Boys & Girls Clubhouse**
Website: <http://bgcdorchester.org/>
Telephone: 617.288.7120
- **Edgerley Family South Boston Club**
Website: <https://www.bgcb.org/find-your-club/edgerley-family-south-boston-club/>
Telephone: 617-268-4301
- **Franklin Hill Club**
Website: <http://www.bgcb.org/find-your-club/franklin-hill-club/>
Telephone: 617-282-2800
- **Hennigan club**
Website: <http://www.bgcb.org/find-your-club/hennigan-club/>
Telephone: 617-427-0144
- **Jordan Club**
Website: <http://www.bgcb.org/find-your-club/jordan-club/>

- Telephone: 617-884-9435
- **Mattapan Teen Center**
Website: <http://www.bgcb.org/find-your-club/mattapan-teen-center/>
Telephone: 617-533-9050
- **Orchard Gardens Club**
Website: <http://www.bgcb.org/find-your-club/orchard-gardens-club/>
Telephone: 617-516-5285
- **Paul R. McLaughlin Youth Center**
Website: <http://bgcdorchester.org/who-we-are/facilities-hours-of-operation/>
Telephone: 617.288.7120
- **Sumner Club**
Website: <http://www.bgcb.org/find-your-club/sumner-club>
Telephone: 617-363-9938
- **Walter Denney Youth Center**
Website: <http://bgcdorchester.org/who-we-are/facilities-hours-of-operation/>
Telephone: 617.822.3701
- **West End House Boys & Girls Club**
Website: <https://westendhouse.org/>
Telephone: 617-787-4044
- **Yawkey Club of Roxbury**
Website: <http://www.bgcb.org/find-your-club/yawkey-club-of-roxbury/>
Telephone: 617-427-6050

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Charlestown YMCA**
Website: <http://ymcaboston.org/charlestown>
Telephone: 617-286-1220
- **Dorchester Family Branch YMCA**
Website: <http://ymcaboston.org/dorchester>
Telephone: 617-436-7750
- **East Boston YMCA**
Website: <http://ymcaboston.org/eastboston>
Telephone: 617-569-9622
- **Huntington Avenue YMCA**
Website: <http://ymcaboston.org/huntington>
Telephone: 617-927-8060
- **Oak Square YMCA**

Website: <http://ymcaboston.org/oaksquare>

Telephone: 617-782-3535

- **Roxbury YMCA**

Website: <http://ymcaboston.org/roxbury>

Telephone: 617-427-5300

- **Thomas M. Menino YMCA**

Website: <http://ymcaboston.org/menino>

Telephone: 617-361-2300

- **Wang YMCA of Chinatown**

Website: <http://ymcaboston.org/wang>

Telephone: 617-426-2237

- **West Roxbury YMCA**

Website: <http://ymcaboston.org/parkway>

Telephone: 617-323-3200

Healthcare

Family Van

Website: <http://www.familyvan.org/>

Email: familyvan@hms.harvard.edu

Telephone: (617) 442-3200

The Family Van works to increase access to health care and improve the health of residents in Boston's most underserved communities. Their diverse team is comprised of health educators to HIV counselors, registered dieticians to volunteers, as well as other health professionals and partners. Family Van staff members provide screenings for blood pressure, cholesterol, blood glucose (blood sugar), obesity (Weight/Body Mass Index), depression, vision, and glaucoma as well as pregnancy testing, family planning services, and HIV counseling. With no required insurance and at no cost, they provide a variety of services that help to keep their clients healthy and prevent serious diseases and illnesses.

Being a father is
difficult and
important work.



Mental Health/Addiction Services

Boston Emergency Services Team

Website:

<http://www.massgeneral.org/psychiatry/services/treatmentprograms.aspx?id=1986&display=best>

Telephone: 800-981-4357

BEST provides 24-hour response to adults and youth in need of crisis intervention for mental health and substance use concerns. The BEST team is made up of experienced, master's-level clinicians, psychiatrists, family partners, certified peer specialists, advanced practice nurses, registered nurses and mental health workers. BEST provides a comprehensive, highly integrated system of crisis evaluation and treatment services to the greater Boston area; to children, adolescents, adults, including the elderly, the homeless, mentally ill and the multi-cultural populations within the Boston, Brookline, Chelsea, Revere and Winthrop communities.

Child Witness to Violence Program

Website: <http://www.childwitnessstoviolence.org/>

Telephone: (617) 414-7425

The Child Witness to Violence Project (CWVP) is a therapeutic, advocacy, and outreach project that focuses on the growing number of young children who are hidden victims of domestic and community violence and other trauma-related events. It is staffed by a multi-cultural staff of social workers, psychologists, early childhood specialists, a consulting pediatrician and consulting attorney.

Goals of the project include: To help young children heal from the trauma of witnessing violence by providing developmentally appropriate counseling for them and for their families and To provide consultation and training to the network of caregivers in the lives of young children in order that they may more effectively identify and respond to children who are exposed to violence.

North Suffolk Mental Health Association

Website: <http://northsuffolk.org/>

Telephone: 617-889-4860

Services consist of: access to and coordination of care for youth with serious emotional disturbance, Community Service Agency (CSA); Intensive Care Coordination (ICC) and Family Partner (FP) services utilizing a Wraparound model; and the CBHI remedy services In-Home Therapy (IHT) and Therapeutic Mentoring (TM). Services also include an Early Intervention Program (birth to age three), Supportive Child Care, In Home Therapy, and Child and Family outpatient services.

Parenting support/Child Development

Bay Cove Early Intervention

Website: <https://www.baycove.org/BCExternal/index.cfm?objectID=E636BEA2-2172-11DF-8C18000423B5542E>

Telephone: 617-371-3000

The Bay Cove Early Intervention (EI) program serves children under three years of age, who are developmentally delayed, or have a known disabling condition, or are at risk of developmental delays due to biological or environmental factors. The program's goal is to promote the physical, mental and emotional development of eligible children. Services are provided in the children's homes, in the community and at the program site on Victory Road.

Boston Dads Group

Email: bostondadsgroup@gmail.com

Website: https://www.meetup.com/BostonDadsGroup/?_cookie-check=emsAjvd4CnvQwWLO

A diverse community of fathers in the Greater Boston area who take an active role in their children's lives. They meet several times per week, with their kids, at parks, playgrounds, museums, parent-and-me classes, etc. They also organize parenting workshops and Dads Nights Out to give members an opportunity to socialize, learn, and support each other as they navigate parenthood.

Boston Public Schools Early Intervention Program

Website: <https://www.bostonpublicschools.org/Page/6875>

Telephone: (617) 635-8599

The Boston Public Schools offer an Office of Special Education and Student Services that focuses on the academic outcomes and aspirations of their students as well as regulatory compliance. They provide students with more stability, more continuity, new opportunities for inclusion, and higher-quality programs. Three special schools are available for the deaf and hard of hearing, students with significant cognitive delays, and students with severe emotional and behavioral disabilities.

Chelsea Family Network (CFCE)

Website: http://www.capicinc.org/Eng/E_FamilyNetwork.html

Email: jvelez@capicinc.org

Telephone: 617-887-0076

Chelsea Family Network supports families of children ages birth-eight. Services include: playgroups for children birth to age eight, self-development workshops and trainings for

parents, parenting education programs and support groups, family literacy programs, information, referral services, and help providing basic human needs like clothing and food.

Criterion – Boston Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/21>

Telephone: 617-469-3080

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Family Nurturing Center

Website: <http://www.familynurturing.org/>

Email: info@familynurturing.org

Telephone: (617) 474-1143

The Family Nurturing Center provides comprehensive family support from birth to adolescence. They provide Welcome Baby newborn outreach and Parent-Child Home Program visits, Playgroups for children and their parents/caregivers together, intensive Nurturing Parenting Programs (including one for fathers) that involve the whole family, and community-based services that engage families in school readiness activities, resource referral, and advocacy.

Fathers Uplift

Website: <http://fathersuplift.org/>

Email: info@fathersuplift.org

Telephone: 617.708.0870

Fathers' Uplift's programs and therapeutic interventions support fathers in overcoming barriers so they can be positively and sustainably engaged in their children's lives.

Federation for Children with Special Needs

Website: <https://fcsn.org/>

Email: info@fcsn.org

Telephone: (617) 236-7210

The Federation for Children with Special Needs provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities. They are committed to listening to and learning from families, and encouraging full participation in community life by all people, especially those with disabilities.

Harbor Area Early Childhood Services

Website: <http://northsuffolk.org/services/early-childhood-services/early-intervention/>

Telephone: (617)-569-6560

Harbor Area Early Intervention (EI) program services the communities of East Boston, Chelsea, Revere, Winthrop and the Boston neighborhood of Charlestown.

They offer developmental therapies to children aged birth to three years in the context of family education, training and support. They work in partnership with families and caregivers in their homes and other natural environments.

Healthy Families

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

- **Boston Area Healthy Families** (Serving: Allston, Back Bay, Boston, Brighton, Brookline, Chinatown, Dorchester, Downtown Boston, Fenway, Hyde Park, Jamaica Plain, Matapan, North End, Roslindale, Roxbury, South Boston, South End, West End, and West Roxbury)

Website: <https://www.mspcc.org/our-services/pregnancy-parenting-support/>

Telephone: (617) 983-5800

- **Healthy Families Harbor Area** (Serving: Charlestown, Chelsea, East Boston, Revere, and Winthrop)

Website: <https://www.fcslynn.org/healthyfamilies.html>

Telephone: 617-409-9360

Horizons for Homeless Children

Website: <http://horizonschildren.org/>

Telephone: 617.553.5455

Horizons for Homeless Children improves the lives of young homeless children in Massachusetts and helps their families succeed by providing high-quality early education, opportunities for play, and comprehensive family support services. They offer early education centers, a playspace program, and a family partnerships program which gives parents a much-needed respite from the difficulties of homelessness, a shoulder to lean on, and practical guidance toward getting their lives back on track.

Room to Grow

Website: <http://roomtogrow.org/>

Email: infoboston@roomtogrow.org

Telephone: 617.859.4545

Room to Grow is dedicated to enriching the lives of babies born into poverty throughout their critical first three years of development. Families visit Room to Grow's warm and inviting space once every three months from just before the birth of the baby until their child turns three. During their one-on-one appointments with staff social workers, typically lasting two hours, parents receive developmental information, customized support, and all of the needed baby items to ensure a healthy and secure start for their child.

SPARK Center

Website: <https://www.bmc.org/programs/spark-center>

Telephone: 617.414.0502

The SPARK Center is a childcare program offering comprehensive, integrated, state-of-the-art services for children and families whose lives are affected by medical, emotional and/or behavioral challenges. The program serves Boston's highest-risk children, ages infant through 5 year olds: those living with complicated medical conditions (including neuro-developmental challenges, failure to thrive and HIV/AIDS); as well as children who are involved with the Massachusetts Department of Children and Families due to significant family and social concerns (including child abuse and neglect, domestic violence, adult substance abuse). A new group of fragile children now attend SPARK. These are 'very low birth weight' babies who were born too early and too small, and need our specialized care and attention.

Worcester County

Wraparound Services

Children Services of Worcester

Website: <https://csrox.org/locations/worcester>

Telephone: 508-751-4161

Children Services of Worcester provides high-quality services to economically-disadvantaged children, youth, families, and individuals thereby promoting and strengthening family life and individual growth. Services include: early education and care, behavioral health services, parent mentoring, housing, and stabilization services.

Montachusett Opportunity Council

Website: <https://www.mocinc.org/>

Email: info@mocinc.org

Telephone: 978-345-7040

Montachusett Opportunity Council is the designated community action agency for the North Central MA region. To alleviate poverty, they deliver a variety of services including child care, education, workforce development, nutrition, health, and community and housing support.

Pernet Family Health Service

Website: <http://www.pernetfamilyhealth.org/>

Email: info@pernetfamilyhealth.org

Telephone: 508.755.1228

Pernet Family Health Service, Inc. is a home health agency helping families with a lack of resources to meet basic needs, housing instability, risk of abuse and neglect, exposure to violence, risk of developmental delay and school failure, and barriers to access to community services. Services include early intervention, family support/skills/education, emergency services/basic needs, and a young parent program.

WIC Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition and health education and other services free of charge to Massachusetts families who qualify.

Fathers may also bring their children to apply for WIC. WIC offers: Personalized nutrition consultations, checks for healthy food, referrals for medical and dental care, health insurance, childcare, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screenings and referrals, breastfeeding support, nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.

- **North Central WIC Program**

Website: <https://www.mass.gov/locations/north-central-wic-program-main-clinic>

Telephone: (978) 345-6272

- **South Central WIC Program**

Website: https://www.facebook.com/pg/SouthCentralWIC/about/?ref=page_internal

Telephone: 508-765-0139

- **Worcester WIC Program**

Website: <http://www.fhcw.org/en/HealthServices/WIC>

Telephone: (508) 796 – 7000

Youth Opportunities Upheld (Y.O.U), Inc.

Website: <https://www.youinc.org/>

Email: youinc@youinc.org

Telephone: 508-849-5600

Youth Opportunities Upheld, Inc. is a private, non-profit child welfare and behavioral health organization serving at-risk children, adolescents and families in the Worcester county area. They offer more than 45 programs at 32 sites, within five components: Family Support

Networks, Education and Employment, Out-of-Home Care, Community-Based Services, and Behavioral Health.

Adult Education/Career Training

Mount Wachusett Community College's Department of Workforce Development

Website: <https://mwcc.edu/academics/noncredit/workforce/>

Email: training@mwcc.mass.edu

Telephone: 978-630-9575

Certificates and courses include: Business Communication, New Media Marketing, Social Media for Business, and Customer Service.

Quinsigamond Community College's Center for Workforce Development and Continuing Education

Website: <http://www.qcc.edu/center-workforce-development-and-continuing-education>

Email: cce@qcc.mass.edu

Telephone: 508.751.7900

Quinsigamond offers high quality training programs that enable individuals to learn new skills, which can be applied immediately on the job or utilized for future professional development. Their focus is to provide the practical skills that can help participants improve competencies, secure employment, and experience personal enrichment.

Basic Needs

Athol Housing Authority

Website: <http://www.atholorangehousing.com/>

Email: generalinfo@atholorangehousing.com

Telephone: 978-249-4848

The Athol Housing Authority provides subsidized family housing for income eligible residents and administrates the state rental voucher program and the federal Section 8 program for the North Quabbin area.

Fitchburg Housing Authority

Website: <https://affordablehousingonline.com/housing-authority/Massachusetts/Fitchburg-Housing-Authority/MA037>

Telephone: (978) 342-5222

The Agency's mission is to provide safe, secure rental subsidies for families, elderly, and handicapped or disabled persons. The Fitchburg Housing Authority administers both a public housing and Section 8 housing voucher program. Programs include the HOME Program and the Community Development Block Grant. These programs provide funds for rehabilitation of

owner occupied housing, first time homebuyer acquisition and rehabilitation, rental property rehabilitation, and demolition.

Montachusett Interfaith Hospitality House

Website: <http://www.mihnnetwork.com/>

Email: spinkerton.mihn@verizon.net

Telephone: 978-466-1704 ext. 11

The mission of the Montachusett Interfaith Hospitality Network (MIHN) is to provide shelter, meals and comprehensive assistance to homeless families with children and to increase community involvement in direct services and advocacy.

Worcester Community Action Council, Inc.

Website: <http://www.wcac.net/>

Telephone: (508) 754-1176

The Worcester Community Action Council, Inc. serves as an umbrella agency for 18 education and social service programs. Their mission is “helping people move to economic self-sufficiency through programs, partnerships, and advocacy.” They provide fuel assistance, job and education services, and youth and family services.

Worcester County Food Bank

Website: <http://foodbank.org/receive-assistance/food-assistance/>

Telephone: (508) 842-3663

Worcester County Food Bank (WCFB) works in partnership with nonprofit programs located in Worcester County to provide food assistance to individuals and families. To locate a program in your area, please use the locator tool on their website.

Worcester Housing Authority

Website: <http://www.worcester-housing.com>

Telephone: 508-635-3000

The Worcester Housing Authority offers residents a clean, safe, and well-maintained living environment in which to live and raise their families. The WHA reserves 15 apartments to house homeless families in its Transitional Housing Program in order to help homeless families become self-sufficient. The WHA also provides housing opportunities for individual and families with disabilities. Their programs include federal public housing, state public housing, special needs housing, an alternative housing voucher program, and more. Cost is based on income.

Childcare

Child Care Resource (CCR) Program at Seven Hills

Website: <http://www.sevenhills.org/programs/child-care-resources>

Telephone: Fitchburg: 978.343.7395
Metrowest: 508.458.4509
Worcester: 508.856.7930;

The Child Care Resources (CCR) Program at Seven Hills provides resource and referral services to assist families in locating affordable, quality childcare programs.

Child Development/Education

Boys & Girls Club

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. They are a safe place to learn and grow - all while having fun. Boys & Girls Clubs offer well-rounded activities in physical education, social recreation, the arts, technology and prevention programming.

- **Blackstone Valley Boys & Girls Club**
Website: <https://www.bvbgc.com/>
Email: tupperpark@hotmail.com
Telephone: 508-928-7446
- **Boys & Girls Club of Fitchburg and Leominster**
Website: <http://bgcfl.org/>
Email: begreat@bgcfl.org
Telephone: (978) 534-8358
- **Boys & Girls Club of Webster-Dudley**
Website: <https://www.bgcwebsterdudley.org/>
Telephone: (508) 943-0037
- **Boys & Girls Club of Worcester**
Website: <http://www.bgcworcester.org/>
Email: info@bgcworcester.org
Telephone: 508-754-2686
- **Francis A. and Jacquelyn H. Harrington Clubhouse**
Website: <http://www.bgcworcester.org/main-south-clubhouse>
Telephone: 508-754-2686
- **Gardner Boys & Girls club**
Website: <http://bgcfl.org/gardner/#1447428447777-4fb8b8ff-4d80>
Email: DMartin@bgcfl.org
Telephone: (978) 534-8358 x15
- **Kids Club at Great Brook Valley**
Website: <http://www.bgcworcester.org/kids-club-great-brook-valley>
Telephone: 508-754-2686
- **Plumley Village Clubhouse**
Website: <http://www.bgcworcester.org/plumley-village-clubhouse>

YMCA

The Y serves every segment of the family, whether they are helping youngsters prepare for kindergarten, keeping children safe and nurtured after school, providing adventurous summer camp experiences, putting families on the track towards healthy living, or providing a social outlet for members of our community.

- **Boroughs Branch YMCA**
Website: <https://www.ymcaofcm.org/locations/boroughs-family-branch/>
Telephone: 508-870-1320
- **Clark Memorial YMCA**
Website: <http://www.theclarkymca.org/>
Telephone: 978-297-9622
- **Greendale Family Branch YMCA**
Website: <https://www.ymcaofcm.org/locations/greendale-family-branch/>
Telephone: 508-852-6694
- **Leominster Community Branch YMCA**
Website: <https://www.ymcaofcm.org/locations/leominster-community-branch/>
Email: jgordon@ymcaofcm.org
Telephone: 978-401-2290
- **Montachusett Community Branch YMCA**
Website: <https://www.ymcaofcm.org/locations/montachusett-community-branch/>
Telephone: 978-343-4847
- **Tri-Community YMCA of Southbridge Inc.**
Website: <http://www.tricomcommunityymca.org/>
Telephone: 508-765-5466
- **Worcester Central Branch YMCA**
Website: <https://www.ymcaofcm.org/locations/central-community-branch/>
Telephone: 508-755-6101

Mental Health/Addiction Services

Community Healthlink, Inc. Together for Kids Program

Website: <http://www.communityhealthlink.org/chl/services-for-young-children/together-for-kids-coalition>

Email: lhennigan@communityhealthlink.org

Telephone: 508-421-4453

The Together for Kids program (TFK) provides a comprehensive mental health promotion, prevention, and intervention model of service comprised of the following components: 1) infant, toddler, preschool, and school age (ages 5-13) behavioral health consultation for educators and families; 2) trainings for educators and families on a variety of topics related to social-emotional health in children and 3) referrals for more intensive services (e.g.,

child/parent psychotherapy, psychological assessment). Services are designed to promote social-emotional wellness in children, assist educators/families to understand and appropriately respond to challenging behaviors, strengthen home-school partnerships, and reduce suspensions and expulsions from early education and care settings

Parenting Support/Child Development

Ashburnham-Westminster CFCE

Website: <https://www.awrsd.org/district/departments/coordinated-family-and-community-engagement/>

Email: jharrison@awrsd.org

Telephone: 978.874.7312

The Coordinated Family and Community Engagement (CFCE) Program provides free programming to families with young children. CFCE programs provide a variety of services which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The Ashburnham-Westminster CFCE is organized through the Ashburnham-Westminster Regional School District.

Clinton Early Childhood Resource Center

Website:

http://www.clinton.k12.ma.us/apps/pages/index.jsp?uREC_ID=74685&type=d&termREC_ID=&pREC_ID=135450

Email: taylorl@clinton.k12.ma.us

The Clinton Early Childhood Resource Center: assists in finding preschool and child care and accessing financial assistance, offers a unique early learning program for young children and their parents/guardians, offers parent/provider workshops, hosts family enrichment programs, and conducts Kindergarten Transition programs.

Criterion – Valley Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/25>

Telephone: (508) 478-7752

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Criterion – Wachusett Early Intervention Program

Website: <https://www.criterionchild.com/index.php/program-locations/20>

Telephone: (978) 632-4432

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Criterion – Worcester Early Intervention

Website: <https://www.criterionchild.com/index.php/program-locations/33>

Telephone: (508) 770-0089

The primary focus of early intervention is family education, training and support. The program is designed to enable parents and other caregivers to assess their child's developmental needs, incorporate educational and therapeutic strategies into daily routines and utilize available community resources. In addition to individualized programs for eligible children, the early intervention program offers Developmental Enrichment Groups that are open to all young children in the community. Groups are designed to provide a structured opportunity for parents and their children to engage in activities designed to promote growth and development through play and social interaction.

Healthy Families

Healthy Families is a home-based family support and coaching program that supports young, first-time parents and helps them create stable, nurturing environments for their children. You must be pregnant or parenting a child under the age of one, be twenty or under, and live in Massachusetts in order to be eligible for services.

- **Healthy Families Framingham/Milford** (Serving: Ashland, Bellingham, Blackstone, Douglas, Foxborough, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Maynard, Medfield, Medway, Mendon, Milford, Millis, Millville, Natick, Norfolk, Northborough, Northbridge, Plainville, Rockdale, Sherborn, Southborough, Stow, Sudbury, Sutton, Upton, Uxbridge, Walpole, Wayland, Westborough, and Wrentham)
- **Website:** <https://www.criterionchild.com/index.php/programs/newborn-home-visiting>
- **Telephone:** (508) 482-5939
- **Healthy Families Greater Worcester** (Serving: Auburn, Boylston, Grafton, Holden, Leicester, Millbury, Paxton, Shrewsbury, West Boylston, and Worcester)
Website: <https://www.mspcc.org/our-services/pregnancy-parenting-support/>
Telephone: (508) 753-2967

- **Healthy Families North Worcester County** (Serving: Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton, Hardwick, Harvard, Hubbardston, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Templeton, Townsend, Westminster, and Winchendon)
Website: <http://www.gvnahealthcare.org/Healthy-Families.html>
Telephone: (978) 632-1230, Ext 311
- **Healthy Families South Worcester County** (Serving: Brookfield, Brimfield, Charlton, Dudley, East Brookfield, Fiskdale, Holland, Monson, Oxford, Palmer, Spencer, Southbridge, Sturbridge, Thorndike, Wales, Warren, Webster, and West Brookfield)
Website: <http://www.wcac.net/healthy-families-of-southern-worcester-county/>
Email: cdiaz@wcac.net
Telephone: (508) 909-0061

North Quabbin Family Resource Center

Website: <http://valuingourchildren.org/about.html>

Telephone: 978-249-8467 and 978-249-5070

The NQ Family Resource Center provides: group and individual based parent education, individual family support and advocacy, home visiting, support groups, parent/child activities, and a free clothing closet All programs and services are open to all families in the North Quabbin at **no charge**.

MOC Fitchburg Family Resource Center

Website: <https://www.mocinc.org/family-services>

Telephone: 978-345-7040

MOC's Family Resource Center (FRC) provides support services and advocacy for families to: foster parental involvement, promote parenting and child development education, encourage social connections, and provide concrete supports in times of need. Activities of the FRC include: support groups (for mothers, fathers, and Latinos), parenting programs, and educational workshops for residents and social service providers.

Worcester Connections Family Resource Center of YOU Inc.

Website: <http://www.worcestercommunityconnections.org/about.html>

Telephone: 508-796-1411

The Worcester Connections Family Resource Center provides: information, referrals, and linkages, assessment and family support planning, evidence based parent educational groups, and parent/child activities.

Leominster CFCE: Project Apples

Website: https://www.facebook.com/pg/ProjectApples/about/?ref=page_internal

Email: lisa.novelli@leominster.mec.edu

Telephone: (978) 534-3038

The CFCE project in Leominster is continuing to build on a local infrastructure of supports and services across the city focusing on families and the programs designed to serve them. Programs include parent child playgroups, literacy services, and referrals.

Lipton Early Intervention

Website: <http://www.communityhealthlink.org/chl/index.php/services-for-young-children/lipton-early-intervention>

Telephone: 978-840-9354

Children ages birth to three may be eligible for Early Intervention services if they have identified disabilities, or if typical development is at risk because of certain birth or environmental circumstances. Early Intervention (EI) services include: developmental assessments, home visiting or center-based services, specialty services, play groups, parent support groups, and developmental monitoring.

Lunenburg School Linked Services (CFCE)

Website: <http://www.lunenburgschools.net/school-linked-services>

Telephone: 978-582-4101 ext. 315

Lunenburg School Linked Services offers services for those caring for children birth-age 8. They offer family support programming, playgroups, information and referrals to community resources, parent education, early education literacy events and linkages to comprehensive services to support optimal child development for families and early education and care programs, including intentional support into kindergarten.

Milford Family & Community Network (CFCE)

Website: <https://www.milfordpublicschools.com/Page/3482>

Email: familynetwork@milfordma.com

Telephone: (508) 634-2356

The Milford Family & Community Network (MFCN) is a Coordinated Family Community Engagement (CFCE) that serves families with children from birth to 8 years of age who live in Milford, Hopedale, Bellingham and surrounding towns. They are a **free** program providing comprehensive early childhood programs and services.

Nashoba Community Partnership for Children (CFCE)

Website: http://www.nrsd.net/district/early_childhood_education/

Email: cmaxfield@nrsd.net

Telephone: 978-779-5547

The Nashoba Early Childhood Office and Community Partnership for Children is committed to providing, quality, affordable, accessible Early Education and Care as well as resources and

support for families of young children. They provide a monthly early childhood newsletter, community playgroups, local library activities, parent education and family events.

Rainbow Child Development Center

Website: <https://rainbowcdc.com/>

Email: rainbow@rainbowcdc.com

Telephone: 508-791-6849

The Rainbow Child Development Center provides education and therapeutic services to children and families in a safe, nurturing and diverse environment for children infants to thirteen years old who live in Worcester and who are among the most “at risk.” Programs include family childcare, preschool, an extended learning school age program, social services, and a school vacation and summer camps.

South County Community Partnership

Website: https://www.facebook.com/pg/South-County-Community-Partnership-1010006092363488/about/?ref=page_internal

Email: dmorrow@oxps.org

Telephone: (508) 987-6050

SCCP is a collaborative that links childcare, preschool, public schools, social services, and other community resources. They are committed to advocating, supporting, and promoting appropriate early childhood experiences and practices for children, their families, and educators within the community.

Spencer Childcare Center Inc. CFCE

Website: <https://www.facebook.com/cfce9/>

Telephone: (508) 713-3581

In collaboration with EEC and the Brain Building in Progress Initiative the CFCE strives to provide support to families in Spencer, Leicester, North Brookfield, East Brookfield, Paxton, Princeton, Rutland, Holden, and Sterling. The CFCE provides programming, reference and referrals, parent trainings, parent-child playgroups, and more to the families. All events, playgroups, trainings, and programming are all **free**.

Valuing Our Children

Website: <http://www.valuingourchildren.org/>

Telephone: 978-249-8467

This organization provides primary prevention of child abuse through family support, parenting education, and community development. The mission of VOC is to strengthen families by responding to the expressed needs of parents, addressing barriers to individual family involvement (i.e. childcare, transportation), and building on existing strengths in families and in the community.

Winchendon CFCE

Website: http://winchendonms.ss5.sharpschool.com/pre-k_program_cfce_/cfce_free_community_playgroups/

Email: smichel@winchendonk12.org

Telephone: 978-297-3436

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. Funded through the Department of Early Education and Care, CFCE programs provide a variety of services, which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events. The Winchendon CFCE is organized through the Winchendon Public Schools.

Worcester Family Partnership (CFCE)

Website: <http://wfcpc.worcesterschools.org/worcester-family-partnership>

Email: vietze@worc.k12.ma.us

Telephone: 508-799-3136

Coordinated Family and Community Engagement Programs (CFCE) are locally based programs serving families with children birth through school age. Funded through the Department of Early Education and Care, CFCE programs provide a variety of services, which include: providing families access to child development information, assistance with meeting basic needs, timely support in periods of family crisis, and family and community events.

5 Practical Tips for Dads*

1. Create a vision for fatherhood. We believe dads today benefit from creating a clear vision for fatherhood. *Twenty years from now, what do you hope your children say about you as a father? What do you hope they don't say?* Answering these questions will help you clarify your sense of purpose as a dad and guide you in important decisions with your own children.

2. Be the bridge between your own father and your children. Whether or not you look to your father (or mother) as a model for parenting, the legacy of our parents, for better and for worse, lives inside each of us. This is why it's important to explore and understand your family legacy, particularly your relationship with your father. *How will you pass on the positive aspects of your relationship with your father to your own children? How will you avoid repeating the negative aspects of your relationship with your father?*

3. Establish a ritual dad time. One way to spend positive time with your child regularly is to create a *Ritual Dad Time*. This is not meant to replace more frequent rituals like taking your kids to school or reading to them at bedtime. It is a special, once per month, one-on-one time with dad. It's about choosing something you both enjoy doing — cooking breakfast, going for a bike ride or walk, building something out of cardboard, etc. — and *being together* as father and child. It's not so much about *what you do*, rather *that you do it*.

4. Know your children. Every child craves the interest, attention, and presence of their primary caregivers. They need you to *know* who they are as unique individuals, not as vessels for our own grand plans or unrealized dreams. By becoming an expert about your children's lives - *knowing* what a certain look on their face means, the best way to get them to sleep, who their friends are, what they're doing in school, what causes them stress — you send a clear and powerful message that they are worthy of your time, interest and attention.

5. Be known by your children. Letting your children know more about *you* through storytelling is a great way to strengthen your bond. *What were you like at your child's age? What mistakes did you make? How did you handle embarrassment? What were your friends' parents like?* Not only do stories humanize you and give children a sense of where they come from, but they can also be an effective way to initiate meaningful dialogue with your child.

* Based on material from *The Modern Dads Dilemma* (New World Library, 2010) by John Badalament and adapted by The Fatherhood Project.