



When you want to find a new home for something -- whether it's a chair, a fax machine, piano, or an old door -- you simply send an e-mail offering it to members of the local Freecycle group. Or, maybe you're looking to acquire something yourself. Simply respond to a member's offer, and you just might get it. After that, it's up to the giver to decide who receives the gift and to set up a pickup time for passing on the treasure. Our main rule: Everything posted must be free, legal, and appropriate for all ages. Non-profit organizations also benefit from The Freecycle Network. Post the item or items you want to give away and specify that you wish the gift to go to a nonprofit cause. It's entirely your choice! It's a free cycle of giving. The Freecycle Network is incorporated as a nonprofit www.freecycle.org

2011-2012 Newburyport Area Services Directory

"The difference between what we do

and what we are capable of doing

would suffice to solve most of

the world's problems."

Mahatma Gandhi

Service Directory is available under
"Downloads" on our website:
<http://www.2cents4change.com>



The information provided in this directory is for reference purposes only. Pennies for Poverty: 2 Cents 4 Change, Inc. is not responsible for services that are provided by the area agencies or their affiliates. Please verify the information with individual agencies.

Compiled by Pennies for Poverty: 2 Cents for Change, Inc.

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This Service Directory is available online under

“Downloads” at: www.2cents4change.com

Please note: formatted to be printed double sided and folded in half!

Poverty in our area is increasing.

Please consider volunteering, donating money to local charities that help those in need or donating food items to the local food pantries and soup kitchens.

What we ask everyone to do:

Donate 2 Cents a day (\$7.30 a year) to the 2 Cent Grant Fund.

Donate 2 Cans a year to any food pantry or soup kitchen.

Volunteer 2 Hours a month with any organization.

Together, attend free community events.

2 Cents, 2 Cans, 2 Hours, TOGETHER!

For a list of volunteer opportunities:

<http://www.2cents4change.com/2hours.php>

EMERGENCY PREPAREDNESS

Red Cross

Emergency Preparedness Kit: Include Flashlight and extra batteries, Whistle, Battery-powered Radio, Plastic Sheeting and Duct Tape for sheltering-in-place verses evacuation. Extra clothing and blanket, Hand sanitizer, toilet paper, Matches in waterproof container. Personal hygiene items, including a toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies, Plastic garbage bags, ties (for personal sanitation uses) **Food** 3 days worth of non-perishable food per person and can opener. **Water** Three gallons per person **Medications** Include non-prescription medications, including pain relievers, stomach remedies, etc. Prescription medications, keep at least three-day's supply and don't forget extra hearing aid batteries and glasses. First Aid Supplies: Absorbent Compress 5x9 Dressing, Adhesive Bandages (Assorted Sizes), Adhesive Cloth Tape 5 yds/1", Sterile Gauze Pads 3x3, Antibiotic Ointment Packets (approx. 1g), Antiseptic Wipe Packets, Packets of Aspirin (162mg), Pair of Non-Latex Gloves (Size Large), Scissors

Use an Evacuation Box: Put important papers into sealed, waterproof plastic bags in an easy to carry box. Include:

Map, Traveler's checks or cash and a few rolls of quarters. Negatives or CD of irreplaceable personal photographs. A list of emergency contacts that includes doctors, financial advisors, clergy, reputable repair contractors, and family members who live outside your area. Copies of prescriptions for medicines and eyeglasses, children's immunization records. Health, dental, or prescription insurance cards or information.

Copies of your auto, flood, renter's, or homeowners insurance policies (or at least policy numbers) and a list of insurance company telephone numbers. Backups of computerized financial records. Safe deposit box key. A list of bank account, loan, credit card, driver's license, investment account (brokerage and mutual funds), and Social Security numbers.

Copies of important financial and family records. Include: deeds, titles, wills, birth and marriage certificates, passports, relevant employee benefits documents, first 2 pages of the previous year's federal and state income tax, Originals, *other than wills*, keep in a safe deposit box or at another location.

SHELTERS

Emmanuel House, 105 Winter St , PO Box 568, Haverhill, MA, 01831 978-241-3500 **Services:** Advocacy, 3 meals/day; clothing if available Spanish; handicap accessibility; medical care through Health Care for the Homeless; day program.

Restrictions: In shelter 5-6 for meal; accepts 2 parent family

House of Hope, 812 Merrimack St, Lowell, MA 01854, 978-458-2870 **Services:** Advocacy; counseling by referral; 3 meals/day + snacks; clothing by referral; handicap accessibility; medical care by referral, well baby clinic once/week; workshops; Spanish. **Restrictions:** Sobriety, women and children, boys under 14.

Inn Between, 25 Holten St, Peabody, MA 10960, 978-532-2372 **Services:** Advocacy; counseling by referral; 5 dinners/wk; clothing if available; Spanish; handicap accessibility; medical care by referral; limited transportation.

Restrictions: Sobriety for 4-6 months prior

Lazarus House, 48 Holly St., Lawrence, MA 01842 978-689-8575 **Services:** Advocacy; limited counseling; 3 meals/day; clothing; Spanish; medical & dental once/week. **Restrictions:** Night shelter only-in at 5/out at 8, must be sober while in facility, 14 max. age for males

Merrimack House, 423 Pawtucket St., Lowell, MA 01854 978-937-2418 **Services:** Advocacy; counseling; food; clothing if available; Spanish; access to medical care; day program; some transportation; limited storage; 3 meals.

Restrictions: Sobriety

North Shore Community Action Programs, 75 Central St., Peabody, MA 01960, 978-532-8620 **Services:** Advocacy; counseling by referral; clothing if available; Spanish, Portuguese; 1 unit handicap accessible; transportation; food pantry **Restrictions:** Sober on premises and stay for one year.

Ruth's House 30 Lafayette Square, PO Box 264, Haverhill, MA 01831

Referral Hours are by appointment ONLY. Call 978.521.5575 between 9:30 am and 3:00 pm Tuesday, Wednesday and Friday and on Thursday between 10:30 am and 5:00 pm to Schedule your Appointment.

OTHER

The Massachusetts Coalition for the Homeless. The Coalition each year assists over 2,000 households to transition out of homelessness into permanent housing, by making furniture and household goods available free of cost. **Main Office:** 15 Bubier St, Lynn, MA 01901 781.595.7570 Furniture Donation 781.595.7570 x13 Request Furniture or Client Referral 781.595.7570 x11

Pennies for Poverty: 2 Cents 4 Change, Inc.

Pennies for Poverty: 2 Cents 4 Change, Inc. is a nonprofit whose mission is fundraising, promoting volunteerism, and raising awareness about poverty in Newburyport, MA. *For more information: www.2cents4change.com.*

Pennies for Poverty: 2 Cents 4 Change, Inc. consists of 4 programs:

- **2 Cents:** Ask everyone to donate 2 cents a day or \$7.30 a year to the 2 Cent Grant Fund. 100% of the grant fund is given out in grants to fund new initiatives or under funded current programs that lift people out of poverty. The grants are available to service agencies or individuals who have new ideas or projects that help people in need in Newburyport.
- **2 Cans:** Increase awareness of food needs and ask everyone to give 2 cans a month to the local food pantries.
- **2 Hours:** Promote volunteerism and asks everyone to volunteer 2 hours a month to an organization of your choice.
- **TOGETHER:** Promote attendance at free events that increase cultural heritage, strengthens the community and raises awareness of poverty.

**Pennies for Poverty: 2 Cents 4 Change, Inc. is
run by volunteers from the community;
funded by the community;
for the benefit of the community!**

Making Change with Change!

If you, or a Newburyport friend or family member, need assistance, please call. We would rather avoid problems by helping early, than hear about them only after the bills are overwhelming.

Community Action, Inc. 978-499-8357

Community Service of Newburyport 978-465-7562

Hugh Doyle Center 978 465-1688

Pettengill House 978-463-8801

The Salvation Army 978-465-0883

Useful Websites

Elder Services Merrimack Valley www.esmv.org

Executive Office of Health & Human Services

<http://www.mass.gov> - **Mass Resources**

www.MassResources.org

CHILDREN

Child Development/Education

Community Teamwork, Inc., 167 Dutton St. Lowell, MA 01852 (978) 459-0551

Greater Lawrence Community

Action Council 305 Essex St., Lawrence, MA 01840 (978) 681-4920

Head Start 38 Old Groveland Rd, Haverhill, MA 01835 (978) 374-2195

MA 01835 (978) 374-2195

Law. Family Development & Education Fund, Charter School

32 West St, Lawrence, MA 01841

Dept. of Children & Families

Haverhill, 3 Ferry St, Bradford, MA 01835 (978) 469-8800

Lawrence, Everett Mills, 15 Union St., 2nd Floor, Lawrence, MA 01840

(978) 557-2500

Department of Youth Services

33 Gregory St, Middleton, MA 01949

(978) 646-2300 or (978) 689-9863

AFTER SCHOOL

Boys and Girls Club Maple Street, Salisbury, 978-462-7003

Community Services of Newburyport,

31 Green St., Newburyport 978-465-7562
Camperships available for young children.

Newburyport Learning Enrichment

Center, 15 Storey Park Ave., 978-499-

8820 or 978-884-1343 After school

academic enrichment, tutor/mentoring,

cultural arts and family literacy.

Newburyport Youth Services 60

Pleasant Street, 978-465-4434

The Salvation Army, 40 Water

Newburyport 978-465-0883 Summer

weekly kids day program.

Sea Keepers, 20 High Rd., Newbury 978-

465-5597 after school program for

children with autism.

YWCA, 13 Market St, Newburyport 978-465-9922, Accepts childcare vouchers. *School's Out, K-3rd, YWKids, 4th-6th*, M-F dismissal-6PM, *Schools Out Summer* M-F 8 AM-6PM for 1st-4th grades.

DAYCARE

Community Action, Inc. Home Child Care, Family Day Care, Head Start Program, 447 Merrimac St, Nbpt, 978-499-8357. **The Family and**

Community Connection, 978-374-

2198 Contact for resources of services,

subsidies, and programs available for

families with children 0-8 years. Offering

programming and information for

Newburyport, Amesbury, Haverhill and

surrounding areas communityactioninc.org

SUMMER CAMP PROGRAMS

Camp Fire USA - Eastern MA

56 Roland Street, St 206 Boston, MA 02129

(617) 591-0300

Cedarland Summer Day Camp

931 Boston Rd, Haverhill, MA 978-521-7700

Merrimack Valley YMCA Camping Services

Branch 101 Amesbury St, 4th Fl., Lawrence,

MA 01840 (978) 975-1330

The Salvation Army, 40 Water St,

Newburyport 978-465-0883 *Camp*

Wonderland Camperships Program.

FOOD AND NUTRITION

Northern Essex WIC: FREE nutrition

program Amesbury MA (978) 388-2575.

www.communityactioninc.org/wic

Open Wed 10:30 am – 6:30 PM and every

other Thurs 9-5. Community Action, 44

Friend St, Amesbury 978-388-2570. Please

call for Pantry hours.

VOLUNTEER ADVOCATES

CASA, 430 North Canal St, Lawrence, MA

(978) 327-6615 volunteers advocates for

abused and neglected children

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LEGAL

Federation for Children with Special Needs 1-800-331-0688

Gr. Boston Legal Services, 197 Friend St, Boston, MA 02114 (617) 371-1234

Harvard Legal Aid 617-495-4408

MA Attorney General 617-727-2200

MA Bar Association 800-392-6164

MA Child Support Enforcement 800-332-2733

MA Commission Against Discrimination 617-994-6000

Merrimack Valley Legal Services, 978-458-1465

Neighborhood Legal Services, 170 Common Street, Ste 300, Lawrence, MA 01840

(978) 686-6900

MENTAL HEALTH

Dept. of Mental Health, 15 Union St, Ste #2, Lawrence, 978-738-4500

The Samaritans: 24 hour suicide prevention hotline. 866-912-4673

Health and Education Services 978-388-7032 Serves mental health needs for all ages (children, family, adult, elderly). Counseling, 24 hour emergency crisis hotline.

NAMI, Support Group, Meets the third Thursday of the month from 7:00 PM to 8:30 PM, Newburyport Five Savings Bank, 63 State Street, Newburyport, Contact: Ruth at 978-462-2471

MISC.

Adult Education/GED, 978-373-1971

Coastal Connections, Inc. 35 Water Street, Amesbury, MA Clothing, vocational supports and initial training supports.

Commission for Diversity and Tolerance (CDT) PO Box 1283, Newburyport, 978-465-1871. Mediate housing complaints by referring folks to the proper agency; have been a resource against discrimination. To report a hate incidence: contact Lt. Rick Siemasko 978-462-4411.

Employment and Training: Valley Works Career Center 978-469-7800

Division of Employment and Training 617-626-6600

MA Immigrant and Refugee Advocacy 617-350-5480

Office of Refugees and Immigrants 617-727-7888

Newburyport Mayors Office: 978-465-4413

Poverty Program, poverty information: www.povertyprogram.com

Social Security Administration 978-374-1960

Veteran's Administration 978-521-9672

Looking for work? Need help with your job search? www.happyjobsearch.com

MEDICAL

HIV/AIDS

AIDS Hotline 800-235-2331

Merrimac Valley AIDS Project, 978-975-3142

Strongest Link Aids Services, 5 Federal Street, Danvers 978-777-5885

INSURANCE

MassHealth: 1-800-841-2900 Pettengill House 978-463-8801

CPR Training

American Red Cross, 978-922-2224

CRISIS PREGNANCY

Crisis Pregnancy - Pregnancy Care Center, Newburyport, 11 Hale Street @ Hope Community Church, Thursdays, 2-4 by appointment, 978-914-0036 and Amesbury, 140 Main Street, Mondays and Wednesdays, 1-4, 978-388-7960, other times, 1-866-254-4440, or 1-800-395-HELP. Free and confidential services, pregnancy tests, crisis counseling, sexual integrity, and post abortion recovery.

DRUG TREATMENT

AA and Al-anon Every Thurs., 7:30 p.m., First Church, Main St, Rowley; Every Sun., Unitarian Church, Pleasant, Newburyport, 8-9 p.m.

Alcoholics Anonymous of Merrimack Valley Hotline 373-9514.

Alcoholics Anonymous Newburyport: Every M-W-F 12 -1 PM Old South Church, Every Wed, St. Paul's Church, 166 High St., 7:30 p.m. Every Thurs., Fri., Central Church, Titcomb St, Wing and a Prayer Beginners meeting, 6-7 p.m.; **HOPE meeting Other towns:** 7:15 to 8:30 p.m., PITA Hall, Plum Island Boulevard. Mon.-Fri., noon to 1 p.m., The Elms, 52 Friend St., Amesbury., , 12-1 Every Sat. at 8 p.m., First Parish Church, 20 High Rd, Newbury.

CoDA: Every Mon., Co-dependence Anonymous, Belleville Church hall, High & Chapel, Newburyport, 7 to 8:30 p.m., 462-1342.

Link House, 37 Washington Street, Newburyport 978-462-7341

The Link House is an alcohol and drug residential rehabilitation program.

Narcotics Anonymous Every Tues., 7 p.m. St. John the Baptist, Lincoln St, Haverhill Women only, 7 p.m., every Weds, First Presbyterian Church, Route 97, Haverhill. Group meeting for men and women, 8 p.m., old Mental Health Center, 100 Winter St., Haverhill. Fri., 8 p.m., Union Congregational Church, 350 Main St., Amesbury

Young at Heart: Young people's Alcoholic Anonymous, every third Weds, St. Paul's Church, Newburyport, 8 to 9 p.m.

HOSPITAL

Anna Jaques Hospital 25 Highland, Newburyport, 978-463-1150

HOSPICE

Shared Caring Hospice, Inc. PO 564, Newburyport 978-462-1210 11

CHILDREN, cont.

MENTAL HEALTH

Dept. of Mental Health, 15 Union St., Lawrence, 978-738-4500

Health and Education Services 978-388-7032 Serves mental health needs for all ages. Counseling, 24 hour emergency crisis hotline.

NAMI, Support Group, Meets the 3rd Thurs. 7 PM-8:30 PM, Newburyport Five Savings Bank, 63 State St, Newburyport, 978-462-2471

The Samaritans Suicide prevention, 24-hour service. 978-688-6607.

MISC.

Big Brother and Sister: 439 S. Union St., Lawrence, 978- 687-1370

Girls Incorporated, Harris St, Newburyport, MA 01950 (978) 465-0999

Girls Inc. of the Seacoast Area, a program of the Jeanne Geiger Crisis Ctr offering after school programs for girls. 978-465-1268, sdow@girlsincseacoast.org

Coastal Connections, 6 Merrill Street Unit 8, Salisbury, MA 01952

Dare Family Services, 141 Low St., Newburyport 978-465-3834 Residential home for pregnant & parenting teens.

Children's Medical Security Plan 1-800-909-2677

Pregnancy Care Center 978-388-7960

Swasey Orphan's Fund, 978-465-0602 Provides Financial assistance to children who have lost a parent.

Teen Line Teens helping teens support and crisis intervention line, 3-9 p.m. Calls: free, confidential, anonymous 1-888-SOS-TEEN or 1-888-767-8336

Young at Heart Young people's Alcoholic Anonymous, every third Wednesday, St. Paul's Church, Newburyport, 8 to 9 p.m.

YWCA, 978-465-9922, scholarship availability for children and youth wellness and aquatic program

PARENT SUPPORT

Dept. of Children and Families 978-469-8800

Newburyport Mothers Club PO Box 316, Newburyport, MA 01950

Parental Stress Hotline 800-632-8188 24 hour hotline

Pettengill House, 13 Lafayette Road, Salisbury, 978-463-8801

Parents Anonymous A support group to help parents improve relationships with their children, meets weekly in Newburyport on Wednesday nights from 7 to 8:30. For information and the location: 462-1141.

The Family and Community Connection, 978-499-8290

"It is the policy of the City of Newburyport: "to promote and support a sense of welcome, inclusion and worth for all and the elimination of prejudice, intolerance, discrimination, and acts of hate in our community."

CHILDREN, cont.

SPECIAL EDUCATION

The Arc of Greater Haverhill-Newburyport, 57 Wingate Street, Ste 301 Haverhill, (978) 373-0552 Information & referral, education groups-people with intellectual/developmental disabilities. Tues. at the YWCA from 9-3

CAST: Center for Applied Special Technology 978-531-8555

The Disability Law Center, Inc., 11 Beacon Street, Suite 925, Boston, MA 02108, Phone: 617-723-8455 Toll-free: 800-872-9992 (Statewide)

Easter Seals 800-922-8290

Federation for Children with Special Needs 1-800-331-0688

Information Center for Individuals with Disabilities 1-800-462-5015

March of Dimes 781-762-4747

MA Advocacy Center 617-357-8431

MA Office on Disabilities 800-322-2020

Massachusetts Rehabilitation Commission, One Parker St Lawrence, MA 978 685-1731 (Voice/TTY) 800 332-9722 (TTY) 978 794-7487

MBTA Transportation Access 617-222-5123

Newburyport Special Education, 978-465-4453

Opportunity Workshop, 10 Opportunity Way, Newburyport 978-462-6144 Serves developmentally disabled, provides training & employment, ADL skills

SEEK: Equipment Exchange 413-323-7368

TOYS AND SCHOOL SUPPLIES

Community Service of Newburyport, 31 Green St., Newburyport 978-465-7562

Back to school clothing, Christmas Red Stocking Program

Massachusetts Coalition for the Homeless (MCH) 15 Bubier Street, Lynn, MA 01901 Phone: 781.595.7570

Pettengill House, 13 Lafayette Road, Salisbury, 978-463-8801 Birthday party bags, Easter baskets, Winter coats, Supplemental Gifts, School Supplies.

The Salvation Army, 40 Water Street, Newburyport, 978-465-0883 Holiday season with food baskets, toys, backpacks and winter clothing.

CITIZENSHIP & IMMIGRATION

Cambodian Mutual Assistance Assoc. of Gr. Lowell (CMAA) 120 Cross St., Lowell, MA 01854 (978) 454-6200

Catholic Charities 75 Kneeland St., Boston, MA 02125 (617) 451-7979

International Institute 125 Amesbury St., Lawrence, MA 01840 (978) 687-0981

Mass Alliance of Portuguese Speakers (MAPS) 11 Mill St., Lowell, MA 01852 (978) 970-1250

Citizenship & Immigration Services - Application Support 2 Mill Street
Lawrence, MA 01840

HOME HEATING - FUEL ASSISTANCE

Community Action Inc. (CAI), 11 School St., Amesbury, 978-388-2570

Good Neighbor Energy Fund 1-800-334-3047

Pettengill House, 13 Lafayette Road, Salisbury, 978-463-8801

The Salvation Army, 40 Water Street, Newburyport 978-465-0883

Fuel Assistance 1-800-632-8175

HOUSING

LOW INCOME HOUSING

Housing Hotline 1508-778-7506

Newburyport Housing, 25 Temple St, Newburyport 978-465-7216

Section 8 Housing, General Information: 1-800-224-5124

YWCA, 13 Market St., Newburyport 978-465-9922 x 44, 17 housing units.

FORECLOSURE PREVENTION PROGRAM

Department of Housing and Urban Development 1-800-569-4287

HOPE for Homeowners 1-888-995-HOPE helps homeowners keep their homes.

Homeowner Options for Massachusetts Elders - H.O.M.E. Helps elder residents keep their homes. 1-800-583-5337

NACA's Info and Refinancing Services line: 1-888-302-NACA

Neighborhood Assistance Corporation of America (NACA) new loans to eligible homeowners with unaffordable mortgages. 1-888-302-NACA

FORECLOSURE: The MA Attorney General's Office offers a **Pro Bono Foreclosure Assistance Hotline**. (800) 342-5297 or (617) 603-1700. The **Massachusetts Division of Banks hotline**, (800) 495-BANK, to delay foreclosure proceedings.

HOUSEHOLD ITEMS AND FURNITURE

Mission of Deeds, 6 Chapin Avenue, Reading, MA 01867 (781) 944-9797 Beds, furniture, household goods and linens without charge to people in need. Clients must be referred by a caseworker. www.missionofdeeds.org.

The Wish Project, 1 A Foundry Street, Lowell, MA 01852 (978) 441-9474 Household items including furniture, linens, small and large appliance, kitchen items, baby gear, electronics and personal computers. www.lowellwishproject.org

Broadway Second Hand Store, 548 Broadway, Lawrence, MA 01841 (978) 688-7070

Lazarus House, 412 Hampshire Street, Lawrence, MA 01841 (978) 686-0441

Project Home Again Temple Emanuel, 7 Haggetts Pond Road, Andover, MA 01810 (978) 470-1356

St. Vincent De Paul Society, 42-44 Franklin St, Lawrence, MA 01840 (978) 689-2625

MISC

Christmas in April 978-469-0800

Affordable Housing Alliance 617-822-9100

MA Tenant Organization and Resource Center 1-617-367-6260 10

FOOD & NUTRITION

Lists all Food Pantries & Soup Kitchens in Essex www.essexcountyhungerrelief.org/

Angel Food: \$30 per unit of food. Food stamps accepted. Contact First Parish for more information. <http://www.firstparishofnewbury.org/>

Community Action, 11 School St, Amesbury (978)388-2570 Open Mon & Tues, 9 am-3pm, & Thurs, 11am-6 pm Serves: Amesbury and Merrimac residents only

Community Service 31 Green St., Newburyport 978-465-7562. Open M-Th, 9am-2:30 pm.

His Provisions Too, 9:30-11 AM, 69 Friend St., Amesbury, MA

Hunger and Food Source Hotline 1-800-645-8333

Our Neighbors' Table, Main St Congregational Church, 145 Main St., Amesbury (978)388-1907 Sat, 9:30 am - 12 for Amesbury, S. Hampton. Last Sat. each month, pantry open to other towns, USDA: 2nd and 4th Weds 4-6 pm each.

Mobile Pantry Pilgrim Congregational Church, 27 Church St, Merrimac Open 1st & 3rd Sat., 9:30 am-10:30 am Serves Merrimac res. only, 2c a month.

Pettengill House, 13 Lafayette Rd, Salisbury, 978-463-8801 Open Tues, 9am-2pm & 4pm-6pm.

The Salvation Army, 40 Water St, Newburyport 978-465-0883 x12 Open Mon & Wed, 12:30pm-4pm & Thurs 1pm- 5:30 pm. Serves Newburyport, Newbury and West Newbury twice a month. Serves surrounding seacoast towns once a month
Seabrook Church of Christ Food Pantry, Lafayette Rd. Seabrook, NH Open: Weds. 9 to 11 AM 603-474-2660.

Somebody Cares New England, 2 White St, Haverhill (978)912-7626

Open last Thursday of each month, 4 pm to 5pm Serves anyone in need

Veterans' Food Pantry, 10 Reed St, Haverhill (978)372-3626 Open Tues & Thurs, 10:00 am to 2:00 pm Serves veterans or immediate families of veterans only

SOUP KITCHENS (in Newburyport unless noted)

MON 11 AM - 1 PM Greek Orthodox Church, Harris & Park

EVENING: St. Paul's Church, 166 High St.

TUES 11:30 AM St. Paul's Church, 166 High St.

TUES 5-6 PM Immaculate Conception, Green St.

WED 11:15 AM -12:00 PM The Salvation Army, 40 Water St.,

WED 4-6 PM ONT 145 Main St Amesbury (978)388-1907

THURS 5 PM The Salvation Army, 40 Water St

FRI 11:30 AM St. Paul's Church, 166 High St.

SAT 9:30-11 AM His Provisions Too, 69 Friend St., Amesbury
Pettengill house to your home

SUNDAY Last Sunday of each month, September - May, Heritage Towers, 180 Main St., Amesbury, 4:00- 6:00 pm, Our NeighborsTable, Union Congregational Church

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SENIORS

ALZHEIMER'S

MA Alzheimer's Organization 24/7 Help Line 800-272-3900 www.alz.org/ma. Alzheimer's Support Group, Atria Merrimac Place, 85 Storey Ave, Newburyport Ma. 01950 Gail Buccini, meets second Mon. every month, 6-7pm 978-462-7324

COMPANIONS

Companion Care Program, PMA Building, 1 Parkway Rd, suite 3120, Haverhill 978-372-8118 Part of the Elder Outreach Program.

Council on Aging, 40 Water Street, Newburyport, 978-462-8650

The Salvation Army, 40 Water Street, Newburyport 978-465-0883 *Senior Vacations - Wonderland Camp & Conference Center*. One-week vacations are offered to seniors at our Wonderland Conference Center. The Senior Citizens pay for the expenses of attending the facility and every effort is made to keep costs extremely affordable for those on a fixed income.

EQUIPMENT LOAN

American Red Cross, 978-922-2224

St. Vincent de Paul 978-388-2570

HOUSING

Homeowner Options for Massachusetts Elders - H.O.M.E. non-profit agency that helps elder Massachusetts residents keep their homes, protect their equity, and get support services so they can stay in their homes. 1-800-583-5337

The Salvation Army, 40 Water St., Newburyport, 978-465-0883, ext. 12 – Help with rent/mortgage owed.

Community Action-Presidential Gardens 978-372-8130

MULTIPLE SERVICES

Elder Services of the Merrimack Valley, Inc. 800-892-0890 x380

Merrimac Valley Hospice, Home Health VNA, 36 Merrimac Street, Lawrence 978-552-4522 or 800-933-5593 Assist elderly at home with transportation, laundry, grocery shopping, and meal preparation. Hospice volunteers also needed to be companions to elders and others.

Newburyport Society for Relief of Aged Women PO Box 787 Newburyport, Ma 01950 or by e-mail at NSRAW1835@gmail.com Financial assistance is available for women 60 yrs. and older living in the Newburyport area who demonstrate acute financial need. Grant applications are also available for local nonprofit organizations who service needy elderly women.

NURSING HOMES

Amesbury Village Skilled Nursing and Rehab, 22 Maple St, Amesbury 978-388-4682

Brigham Manor Nursing and Rehab Center, 77 High St, Newburyport 978-462-4221

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SENIORS, cont.

Country Rehab and Nursing Center, 180 Low St, Newburyport 978-465-5361
Harborside Health Care/Maplewood, 6 Morrill Pl, Amesbury 978-388-3500
Port Health Care, 113 Low St, Newburyport 978-462-7373
Seaview Retreat, 60 Mansion Dr, Rowley 978-948-2552

NUTRITION

Merrimack Valley Nutrition Project, Meals on Wheels, 301 Main St, West Newbury, 978-363-5413

SCHOLARSHIPS

YWCA, 978-465-9922, scholarships availability for wellness and aquatic program for senior women.

SNOWSHOVELING

Council on Aging, 40 Water St, Newburyport, 978-462-8650

TRANSPORTATION

Council on Aging, 40 Water St, Newburyport, 978-462-8650
Medicaid Transportation Program 1-800-682-1062

CLOTHING AND HOUSEHOLD

Belleville Thrift Store, 300 High St, Newburyport, 978-465-7734
Coastal Connections, 6 Merrill Street Unit 8, Salisbury, MA 01952
Community Action, Inc. 447 Merrimac St, Newburyport, 978-499-8357
Community Service, 31 Green St, Newburyport 978-465-7562 free items
Pettengill House, 13 Lafayette Road, Salisbury, 978-463-8801
The Salvation Army, 40 Water Street, Newburyport 978-465-0883
www.freecycle.com online resource of free items.

DISASTER RELIEF

American Red Cross, 978-922-2224
Emergency Management-Civil Defense Volunteers, 978-465-4424
The Salvation Army, 40 Water St., Newburyport, 978-465-0883

JOB TRAINING

For job listings: www.newburyportbiz.com
American Training 102 Glen St., Lawrence, MA 01843 (978) 685-2151
Career Center of Lowell 18 John St., Lowell, MA 01852 (978) 458-2503
Dept. Transitional Assistance (DTA) 15 Union St., Lawrence, (978) 725-7100
Lawrence Community Works 166-168 Newbury St, Lawrence, MA 01841 (978) 685-3115
MA Rehabilitation Commission 1 Parker St., Lawrence, (978) 685-1731
Valley Works Career Center Heritage Place (Main Office) 439 South Union St, Bldg. 2, Lawrence (978) 722-7000

DOMESTIC VIOLENCE

Battered Women's Hotline 800-992-2600
CASA, 430 North Canal Street, Lawrence, MA 01840 (978) 327-6615
Child at Risk Hotline 800-792-5200
Child Witness to Violence Project 617-414-4244
Disabled Abuse Hotline 800-426-9009
Elder Abuse Hotline 800-922-2275
HAWC, 27 Congress St., Salem 978 744 8552 OR 978 744 6841 (Hotline)
Jeanne Geiger Crisis Center, 2 Harris St, Newburyport 978-465-0999 (office)978-388-1888 (24-hour Hotline) 5 Market Sq., ste 109, Amesbury, MA (client services)
Newburyport Police Dept., 978-462-4411 ext. 502
Safe Link Wireless 800-977-3768
Turning Point, 5 Perry Way 21, Newburyport 978-462-8251 Homeless women and children due to domestic abuse and/or substance abuse
YWCA, 13 Market Street, Newburyport 465-0981

FINANCIAL HELP

Community Action, 145 Essex St, Haverhill, MA 978-373-1971 WIC, Head Start, Transportation Workforce & Training; Adult Learning Center, Cert. Nurses Aide Drop-In-Centers Housing: First time buyers program, Affordable Housing, Energy Assistance, Water Assistance.
Community Service of Newburyport, 31 Green St. Newburyport 978-465-7562 Electric service termination help, emergency dental help, food pantry & vouchers, free clothing, small household items, personal care.
DTA Office, 15 Union St, Lawrence, MA (978) 725-7100
General Charitable Society, 978-290-6631
Hugh Doyle Center, Newburyport, 978 465-1688 Collaborates with schools, social service agencies and religious organizations; advocates for individuals and families who are seeking information and referrals regarding social services and financial resources.
Newburyport Howard Benevolent Society. Recipients must be residents of Newburyport. PO Box 9, Newburyport, MA 978-462-4158.
Pettengill House, 13 Lafayette Road, Salisbury 978-463-8801, utility assistance, transportation, rental assistance, basic needs, food vouchers, prescription assistance, clothing, after school programs.
Newburyport Society for Relief of Aged Women PO Box 787 Newburyport, Ma 01950 or by e-mail at NSRAW1835@gmail.com Financial assistance is available for women 60 yrs. and older living in the Newburyport area.
St. Vincent de Paul Society, 978-234-7416
The Salvation Army, 40 Water St, Newburyport 978-465-0883 Assistance: utility assistance, clothing assistance, rental/mortgage assistance, counseling, referrals and case management.