# **Summary**

ADULT EDUCATION GED / ESL	7
Boston	7
The Literacy Connection	7
Massachusetts Adult Literacy Hotline	7
Framingham	7
LVM Literacy Unlimited	7
Keefe Regional Technical School	7
MassBay Community College	8
Framingham Adult English as a Second Language Plus (FAESL Plus)	8
Jewish family service resettlement program	8
Joan Brack Adult Learning Center (SMOC)	8
Hudson	8
Hudson Maynard Adult Learning Center	8
Milford	
Milford Town Library	9
Worcester	9
Quinsigamond Community College (QCC)	
Worcester Adult Learning Center	9
Marlborough	9
Assabet Valley Regional Technical High School	9
CHILDREN	10
Framingham	10
Blocks Preschool Early Education	10
Framingham Public Schools	10
Healthy families (Criterion Child Enrichment)	10
Worcester	10
Department of Early Education and Care Central	10
DENTAL	
Framingham	11
Dr. Joseph Sawan - Swan Dental	11
Smilage Dental Center	
Nelson Huang Family Dental	
Marlborough	
Marlborough Dentist - Union Dental - MA	
Worcester	
Quinsigamond Community College	
FOOD PANTRIES	
Ashland	12

Ashland Food Pantry	12
Framingham	12
SBS Meal Program - Saint Bridget School	12
Metrowest Harvest (SMOC)	12
Natick	13
A Place To Turn	13
Natick Service Council Food Pantry	13
FOOD STAMPS	13
Framingham	13
Department of Transitional Assistance (DTA)	13
FRAMINGHAM TOWN SERVICES	13
Framingham	13
Animal Control	13
Assessors Department	14
Framingham Town Owned Buildings Department	14
Framingham Inspectional Services (Building & Wire)	14
Framingham Conservation	14
Callahan Center/Senior Services	14
Framingham Cultural Council	
Disability Commission	15
Fair Housing Committee	15
Fire Department (Fire Chief)	
Fire Prevention (Fire Chief)	15
Department of Public Health Framingham	
Historic District Commission	16
Housing Rehabilitation	16
Human Relations Commission	16
Human Resources	17
Human Services Coordinator	17
Licenses and Permits	17
Parks and Recreation	17
Planning Board	
Planning and Economic Development	
Police Department	
Public Works	18
Town Clerk / City Clerk	18
Town Counsel	
Town Manager	
Assistant Town Manager	
Treasurer / Collector	
Assistant Treasurer	19

Veterans	19
Webmaster / Technology Services	19
Zoning Board of Appeals	20
ENERGY / FUEL ASSISTANCE	
Framingham	20
South Middlesex Opportunity Council (SMOC)	20
HEALTH	20
Boston	_
Health Connector Massachusetts	20
Framingham	
Framingham Board of Health	20
Health Care Access	
MetroWest Medical Center	
WIC (Women, Infants & Children)	
Natick	21
Leonard Morse Hospital	21
Hudson	22
Open Door Free Medical Program / First Methodist Church	22
HOUSING	22
Framingham	22
Common Ground Resource Center (SMOC)	22
Framingham Housing Authority	22
JOB TRAINING	22
Framingham	
Department of Transitional Assistance	22
MetroWest Career Center (SMOC)	23
MetroWest Center for Independent Living, Inc	23
Marlborough	23
Employment Options Inc	23
Employment and Training Resources	23
IMMIGRATION	24
Boston	24
Greater Boston Legal Services	24
International Institute of New England	24
Mayor's Office of New Bostonians	24
MIRA (Massachusetts Immigration and Refugee Advocacy Coalition)	24
Framingham	24
Jewish Family Services of MetroWest	24
Lowell	25
International Institute of Lowell	25
LEGAL SERVICES	25

Boston	25
Greater Boston Legal Services	25
Lawyer Referral Service - MA Bar Association	25
Women's Bar Association	25
Framingham	26
Court Mediation Services of Framingham	26
South Middlesex Legal Services	26
Marlborough	26
Court Mediation Services of Framingham	26
MENTAL HEALTH SERVICES / COUNSELING	26
Marlborough	26
Advocates Community Counseling	26
Framingham	27
Behavioral Health services SMOC	27
Birthright of Framingham	27
Jewish Family Services of Metrowest	27
Programs for People	27
Voices against violence SMOC	27
Wayside Counseling Center	28
Sudbury	28
Metrowest Free Medical Program - Vision	28
PARENTING	
Ashland	28
Moms Club of Ashland	28
Boston	28
Parental Helping Parents	28
Framingham	
Healthy Families Criterion – Middlesex Early Intervention Program	29
Mothers Helping Mothers Inc	29
RECREATIONS PROGRAMS	
Framingham	29
Boys and Girls Club	
Framingham Park and Recreation	
Framingham United Soccer	
Framingham Youth Football and Cheering	
Girls Fast Pitch Softball Framingham	
Hockey - Framingham Youth	
Loring Skating Arena	
Lacrosse Framingham Youth	
Running Club Greater Framingham	31

Little League (Baseball)	31
Waltham	31
Girls Scouts / Patriots Trail Girls Scouts	31
PLACES OF WORSHIP	31
Ashland	31
Sri Lakshmi Temple - Hindu Temple	31
Framingham	32
Boston Taiwanese Christian Church	32
Brazilian Community Christian Church (Catedral de Adoração Framingham)	32
Chabad House of Framingham (Congregation Bais Chabad)	32
St.George Catholic Church	32
Assembléia de Deus Colheita	32
Crossroads Community Church	32
Edwards Church	32
First Assembly of God	33
First Baptist Church-Framingham	33
Christian Science Church and Reading Room Framingham	33
First Parish in Framingham Unitarian Universalist	33
First United Methodist Church(Beacon of Hope United Methodist Church of Framingham)	33
Framingham Church of God in Christ	
Framingham Friends Meeting	
Framingham Spanish Seventh-day Adventist Church	
New Life Presbyterian Community Church	
AIC Framingham - Iglesia Pentecostal	
Greater Framingham Community Church	
Islamic Society of Framingham (Masjid E Basheer )	
Igreja Adventista De Framingham	
New Bethel Baptist Church	
Igreja Cristã Primitiva	
Iglesia Altar de Dios Boston	
The Plymouth Church in Framingham	
The Salvation Army Framingham	
Framingham Centre Seventh-day Adventist Church	
Shalom Pentecostal Church	
South Middlesex Baptist Church	36
St. Andrew's Episcopal Church	
Sons of Mary Missionary Society	
Saint Bridget's Church	
Saint Stephen Parish	36
Saint Tarcisius Church	36

Temple Beth Am (Reform)	36
Temple Beth Sholom (Conservative)	37
RCCG Chapel of Redemption, Signs and Wonders Framingham MA	37
Vineyard Metrowest Church	37
Beacon of Hope United Methodist Church	37
Natick	37
Boston Christian Assembly	37

#### **ADULT EDUCATION GED / ESL**

#### **Boston**

#### **The Literacy Connection**

Offers volunteer services to the immigrant community. ESOL, literacy, GED 637 Cambridge Street Boston, MA 02135
Sisters of St. Joseph of Boston
Main Number (617) 746-2100
patricia.andrews@csjboston.org
Click here to visit the website

#### **Massachusetts Adult Literacy Hotline**

Offers one-on-one tutoring, small-group or classroom instruction to adult learners. Basic reading, math, adult basic education, English language training.
44 Farnsworth St, Boston, MA 02210
Main Number (800) 447-8844
Click here to visit the website

## **Framingham**

#### **LVM Literacy Unlimited**

Offer in-person, one-to-one tutoring, as well as virtual English conversation classes and tutoring with multiple technologies like Zoom, Google Classroom, and WhatsApp 49 Lexington Street, Framingham, MA 01702 Main Number (508) 532-5574 fplmail4@minlib.net.

Click here to visit the website

### **Keefe Regional Technical School**

The ELL Program provides a variety of services to its students and has two components: English as a Second Language (ESL) and Sheltered English Immersion (SEI).
750 Winter Street Framingham, MA 01702
Main Number (508) 416-2100
akellogg@jpkeefehs.org
Click here to visit the website

#### **MassBay Community College**

Offers credit and non - credit classes. Day, evening, Saturday and Sunday. 490 Franklin St Framingham, MA 01702
Main Number (508) 270-4000
cpwd@massbay.edu
Click here to visit the website

#### Framingham Adult English as a Second Language Plus (FAESL Plus)

Provides free English language instruction and life skills training. 31 Flagg Drive Framingham, MA 01702 Main Number (508) 626-4282 Click here to visit the website

#### Jewish family service resettlement program

Services offered include English as a Second Language (ESL) support. 475 Franklin Street Suite 101 Framingham MA 01702 Main Number (508) 875-3100 Click here to visit the website

## Joan Brack Adult Learning Center (SMOC)

Provides English as a Second Language (ESL). HiSET Classes (formerly GED) Classes are only held virtually on Zoom. Main Number (508) 740-5645 esl@smoc.org
Click here to visit the website

#### Hudson

#### **Hudson Maynard Adult Learning Center**

Offers Free English for Speakers of Other Languages (ESOL) and GED/HiSet Preparation Classes for High School Equivalency.
69 Brigham St, Hudson, MA 01749
Main Number (978) 567-6250
HMALC@hudson.k12.ma.us
Click here to visit the website

#### Milford

#### **Milford Town Library**

Offer in-person, one-to-one tutoring, as well as virtual English conversation classes and tutoring with multiple technologies like Zoom, Google Classroom, and WhatsApp.

80 Spruce Street, Milford, MA 01757

Main Number (508) 473-2145

reference@milfordtownlibrary.org

Click here to visit the website

#### Worcester

#### **Quinsigamond Community College (QCC)**

The QCC provides Free English classes to adult learners whose native language is not English. Classes focus on reading, writing, speaking, listening, vocabulary, grammar, and conversation. 670 West Boylston Street, Worcester, MA 01606

Main Number (508) 853-2300

aclc@qcc.mass.edu

Click here to visit the website

#### **Worcester Adult Learning Center**

The Adult Learning Center is here to help you achieve your English language goals. Call for our available ESOL classes.

24 Chatham St. Worcester, MA 01609

Main Number (508) 799-3091

crystalgniadekalc@gmail.com

Click here to visit the website

## Marlborough

#### **Assabet Valley Regional Technical High School**

Offers support services including English as a Second Language classes, an academic support class, translation and interpretation for students and parents whose English is not yet proficient.

215 Fitchburg St, Marlborough, MA 01752

Main Number (508) 485-9430

information@assabet.org

#### **CHILDREN**

## **Framingham**

## **Blocks Preschool Early Education**

A public preschool program, through the Framingham School department, for children with and without special needs. Sliding scale fee.

29 Upper Joclyn Ave Framingham, MA 01701 Main Number (508) 788-2380 cshea@framingham.k12.ma.us Click here to visit the website

### Framingham Public Schools

Framingham Public Schools Administrative Offices 19 Flagg Drive Framingham, MA 01702 Main Number (508) 626-9117 fpswebhelp@framingham.k12.ma.us Click here to visit the website

#### **Healthy families (Criterion Child Enrichment)**

Specializes in developmentally appropriate programs and services for young children and their families, supporting early childhood development and education.

651 Franklin St, Framingham, MA 01702 Main Number (508) 620-1442

Click here to visit the website

#### Worcester

#### **Department of Early Education and Care Central**

(EEC) provides licensing and Investigation work for all Family Child Care and Child Care Financial Assistance for Families.
324-R Clark Street, Worcester, MA 01606
Main Number (508) 461-1440
Click here to visit the website

#### **DENTAL**

## **Framingham**

#### Dr. Joseph Sawan - Swan Dental

Provides a range of services, including dentures, dental implants, periodontal care, dental exams, crowns, restorations, and emergency dental care. Speaks Spanish and English. 2 Irving St, Framingham, MA 01702

Main Number (508) 620-7162

#### **Smilage Dental Center**

Smilage Dental Center offers a range of services, including cleanings, orthodontics, and periodontics.

463 Worcester Road Suite 201 Framingham, MA 01701 Main Number (508) 820-7792 Click here to visit the website

#### **Nelson Huang Family Dental**

Dr. Huang provides diagnosis and treatment of oral diseases, including cavities, gum problems, and root canals. Speaks English and Portuguese.
61 Lincoln St STE 202, Framingham, MA 01702

Main Number (508) 879-1270

## Marlborough

### Marlborough Dentist - Union Dental - MA

Preventative dentistry, Restorative dentistry, Cosmetic dentistry, Pediatric dentistry, Emergency dentistry, Oral surgery.

126 Union Street, Suite 1 Marlborough, MA 01752-1207 Main Number (508) 481-4200 contact@theuniondental.com marlborough@theuniondental.com Click here to visit the website

#### Worcester

#### **Quinsigamond Community College**

The dental clinic worcester. Services are available only during the school year. Should call to learn the current schedule. Clinic provides various basic dental services at reduced rates. 670 W

est Boylston Street, Worcester, MA 01606 Main Number (508) 854-4306 Click here to visit the website

### **FOOD PANTRIES**

#### **Ashland**

#### **Ashland Food Pantry**

The Ashland Food Pantry is available to any Ashland Resident experiencing food insecurities. Food Pantry users must set up an appointment to utilize the Food Pantry.

62 West Union Street, Ashland MA 01721

Main Number (508) 532-7949

humanservices@ashlandmass.com

Click here to visit the website

## **Framingham**

#### SBS Meal Program - Saint Bridget School

Saint Bridget School is now part of the National School Lunch Program. Offers breakfast, lunch, and after-school snack for those who attend extended day.

832 Worcester Road, Framingham, MA 01702

Main Number (508) 875-0181

Maiii 14aiiibci (000) 070 010

Click here to visit the website

#### **Metrowest Harvest (SMOC)**

Family Services offers important safety net services with a focus on housing and financial stability; nurturing and supporting parents; and violence prevention and education.

7 Bishop Street, Framingham, MA 01702

Main Number (508) 620-2300

#### **Natick**

#### A Place To Turn

A Place To Turn provides healthy food choices, diapers, and personal care items to MetroWest residents. We are committed to addressing hunger by serving with dignity, equity, and empathy. 99 Hartford St. Natick, MA 01760
Main Number (508) 655-8868
info@aplacetoturn-natick.org
Click here to visit the website

#### **Natick Service Council Food Pantry**

Offers food to those individuals and families in Natick that need help with providing food for themselves and their family.

2 Webster Street, Natick, MA 01760

Main Number (508) 655-1791

info@thenatickservicecouncil.org

Click here to visit the website

#### **FOOD STAMPS**

## **Framingham**

#### **Department of Transitional Assistance (DTA)**

SNAP benefits (formerly food stamps)

The Supplemental Nutrition Assistance Program (SNAP) can help you expand your healthy food budget and explore opportunities to support your wellbeing and education and employment goals.

300 Howard Street, Framingham, MA 01702 Main Number (508) 661-6600 Click here to visit the website

### FRAMINGHAM TOWN SERVICES

## **Framingham**

#### **Animal Control**

Animal Control officers are available seven days a week, 24 hours a day to respond to all animal related complaints and emergencies.

50 Western Avenue Framingham, MA 01701

Main Number (508) 532-5870

animal.control@framinghamma.gov

Click here to visit the website

#### **Assessors Department**

Property assessments, real estate exemptions, personal property, Motor vehicles assessed, abatement program.

150 Concord Street Room 101 Framingham, MA 01702 Main Number (508) 532-5415 michael.flynn@framinghamma.gov

Click here to visit the website

#### **Framingham Town Owned Buildings Department**

Property assessments, real estate exemptions, personal property, Motor vehicles assessed, abatement program.

150 Concord Street Room 133 Framingham, MA 01702 Main Number (508) 532-5485 jim.eqan@framinghamma.gov

#### Framingham Inspectional Services (Building & Wire)

Provides knowledge and service regarding local, state, and federal codes and standards. 150 Concord Street Room 203 Framingham, MA 01702 Main Number (508) 532-5500 building.dept@framingham.gov Click here to visit the website

#### **Framingham Conservation**

Serve as stewards of the City's conservation lands and open space; Protect the City's natural resources: waterways, wetlands, rivers, streams, and their associated buffer zones; Educate residents about our natural resources and the importance of protecting them and Encourage and support the thoughtful use of conservation lands.

150 Concord Street Room B3 Framingham, MA 01702 Main Number (508) 532-5460 conservationcommission@framinghamma.gov Click here to visit the website

#### Callahan Center/Senior Services

The mission of the Callahan Center/Senior Services is to improve the healthy aging of a broader segment of the 55 and older population of Framingham.

535 Union Avenue Framingham, MA 01702

Main Number (508) 532-5980

#### Framingham Cultural Council

The council is responsible for ensuring that MCC and other local Framingham funds are distributed broadly to Framingham's creative community through grants, awards, scholarships and other forms of public awareness and recognition, and reflect the city's cultural diversity. 150 Concord Street Room B18 Framingham, MA 01702

Main Number (508) 532-5440

Click here to visit the website

#### **Disability Commission**

The Disability Commission is composed of a majority of people with various disabilities. The Commission works with City Officials, in particular, the ADA Coordinator and the Access Compliance Inspector, to promote the inclusion of people with disabilities in all aspects of community life.

150 Concord Street Framingham, MA 01702 Main Number (508) 532-5540 Click here to visit the website

#### **Fair Housing Committee**

Promotes access to decent, safe, and affordable housing for all segments of the community educating the community and residents on matters of fair housing.

150 Concord Street Room 121 Framingham, MA 01702

Main Number (508) 532-5457

Click here to visit the website

#### **Fire Department (Fire Chief)**

The Framingham Fire Department is responsible for protecting citizens from fires and responding to medical emergencies and hazardous material incidents. Their fire prevention division also promotes safety education and code enforcement in the community.

10 Loring Drive Fire Headquarters Framingham, MA 01702

fire@framinghamma.gov

Main Number (508) 532-5930

Click here to visit the website

#### Fire Prevention (Fire Chief)

Public education programs, granting permits, investigating the causes of fires, maintaining records, and addressing technical fire prevention issues.

10 Loring Drive Fire Headquarters Framingham, MA 01702

fire.prevention@framinghamma.gov

Main Number (508) 532-5930

### **Department of Public Health Framingham**

Service and manufacturing licenses and permits. Their mission includes disease prevention and control, as well as addressing health and environmental issues.

188 Concord Street, First Floor, Framingham, MA 01702

health@framinghamma.gov

Main Number (508) 532-5470

Click here to visit the website

#### **Historic District Commission**

Oversees the preservation and stewardship of buildings in the city's designated Local Historic Districts. The HDC reviews proposed changes to designated properties and works with property owners to balance the needs of modern living with the historic integrity of their buildings and surrounding neighborhood contexts.

150 Concord Street, room 121, Framingham, MA 01702 yjohnson@framinghamma.gov
Main Number (508) 532-5455
Click here to visit the website

### **Housing Rehabilitation**

The Community Development Department offers the Housing Rehabilitation Assistance Program to eligible households and individuals. This program assists low and moderate income homeowners in Framingham with emergency home refurbishments.

150 Concord Street, room 121, Framingham, MA 01702

Main Number (508) 532-5457

Click here to visit the website

#### **Human Relations Commission**

The purpose of the Commission shall be to deal with the causes of intergroup disunity which underlie the urban crisis, including, but not limited to, the elimination of conditions of bias discrimination and prejudice against minority groups, and to establish affirmative action programs to ensure equal enforcement of the law, and equal protection of the law, for all groups. 150 Concord Street, room 121, Framingham, MA 01702

Main Number (508) 532-5540

human.Relations@framinghamma.gov

#### **Human Resources**

The mission of the Human Resources Department is to provide a broad range of efficient and effective Human Resources services, consistent with community expectations, to enhance the quality of life for the residents of the City.

150 Concord Street, B7, Framingham, MA 01702

Main Number (508) 532-5490

human.resources@framinghamma.gov

Click here to visit the website

#### **Human Services Coordinator**

The mission of the Human Resources Department is to provide a broad range of efficient and effective Human Resources services, consistent with community expectations, to enhance the quality of life for the residents of the City.

150 Concord Street, B7, Framingham, MA 01702

Main Number (508) 532-5408

human.resources@framinghamma.gov

#### **Licenses and Permits**

The Licensing Office processes applications and maintains records of all licenses and permits under the licensing authority of the Board of License Commissioners, City Council, and some under authority of the Police Department.

150 Concord Street, Room 213, Framingham, MA 01702

Main Number (508) 532-5402

licenses.permits@framinghamma.gov

Click here to visit the website

#### **Parks and Recreation**

The department maintains numerous recreation facilities throughout the town, including parks, playgrounds, beaches, and sports fields.

475 Union Ave, Framingham, MA 01702

Main Number (508) 532-5960

parks.recreation@framinghamma.gov

Click here to visit the website

#### **Planning Board**

Zoning By-laws, zoning maps, subdivision regulations, site plan review, scenic ways, new development, parking plans.

150 Concord St Ste B37, Framingham, MA 01702

Main Number (508) 532-5450

planning.board@framinghamma.gov

### **Planning and Economic Development**

The CED team supports a number of economic development initiatives, including: Growing your Business in Framingham, Downtown Revitalization and Transit - Oriented Development and Brownfields Redevelopment.

150 Concord Street Room 121 Framingham, MA 01702 Main Number (508) 532-5455 planning.board@framinghamma.gov
Click here to visit the website

#### **Police Department**

1 William H. Welch Way Framingham, MA 01702 Main Number (508) 872-1212 police@framinghamma.gov Click here to visit the website

#### **Public Works**

Public Works is a team that designs, builds, refurbishes, replaces, oversees, and maintains a complex combination of above-ground and below-ground public infrastructure.

110 Western Avenue Framingham, MA 01702

Main Number (508) 532-5600

public.works@framinghamma.gov

Click here to visit the website

#### **Town Clerk / City Clerk**

Voter registration, Street listings, Dog Registration, Vital Statistical. Information - Marriage, Birth / Death, Burial permits, Town by-law, DDA Business Certificates, Fishing & Wildlife licensing, Posting of Meeting notes.

150 Concord Street Room 105 Framingham, MA 01702 Main Number (508) 532-5520 townclerk@framinghamma.gov
Click here to visit the website

#### **Town Counsel**

Town Counsel of Framingham is responsible for providing legal advice to the city and its government entities.

150 Concord Street Room 127 Framingham, MA 01702 Main Number (508) 532-5406 town.counsel@framinghamma.gov

<u>Click here to visit the website</u>

#### **Town Manager**

Purchasing, CFO, Town Counsel, Conference Room Scheduling, Cable issues, Customer Service.

150 Concord Street Room 121 Framingham, MA 01702 Main Number (508) 532-5678 town.manager@framinghamma.gov

Click here to visit the website

#### **Assistant Town Manager**

150 Concord Street Room 121 Framingham, MA 01702 Main Number (508) 532-5404

#### **Treasurer / Collector**

The Treasurer/Collector's Office is responsible for the billing and collection of amounts due to the city.

150 Concord Street Room 111 Framingham, MA 01702 Main Number (508) 532-5430 treasurer@framinghamma.gov

Click here to visit the website

#### **Assistant Treasurer**

The Treasurer/Collector's Office is responsible for the billing and collection of amounts due to the city.

150 Concord Street Room 111 Framingham, MA 01702 Main Number (508) 532-5430 assttreas.collector@framinghamma.gov Click here to visit the website

#### **Veterans**

Local, state and federal benefits for veterans, spouses, dependent children and parents. 150 Concord Street Room B11 Framingham, MA 01702

Main Number (508) 532-5515

veterans@framinghamma.gov

Click here to visit the website

#### **Webmaster / Technology Services**

150 Concord Street Room B25 Framingham, MA 01702 Main Number (508) 532-5829 webmaster@framinghamma.gov
Click here to visit the website

#### **Zoning Board of Appeals**

The Zoning Board of Appeals (ZBA) is the Special Permit Granting Authority for certain projects as required under the Zoning Ordinance.

150 Concord Street Room 121 Framingham, MA 01702 Main Number (508) 532-5456 zba@framinghamma.gov

Click here to visit the website

#### **ENERGY / FUEL ASSISTANCE**

## **Framingham**

### **South Middlesex Opportunity Council (SMOC)**

Assistance with rent, fuel-heating systems and weatherization. 7 Bishop St, Framingham, MA 01702

Main Number (508) 872-4853 / (508) 620-2340

Click here to visit the website

### <u>HEALTH</u>

#### **Boston**

#### **Health Connector Massachusetts**

Connects eligible Massachusetts residents with approved health plans and helps them pay for them.

133 Portland St, Boston, MA 02114 Main Number (877) 623-6765 Click here to visit the website

## **Framingham**

#### Framingham Board of Health

The mission of the Framingham Division of Public Health is to equitably protect and promote the health of the diverse populations that live, learn, work, and Play in the City of Framingham.

188 Concord St Framingham, MA 01702

Main Number (508) 532-5470

#### **Health Care Access**

Framingham Resource Center (SMOC)

Helps low and moderate income families, individuals and children obtain state - run health insurance benefits. Undocumented immigrants are eligible for this program.

300 Howard St Framingham, MA 01702

Main Number (508) 661-6000

Click here to visit the website

#### **MetroWest Medical Center**

115 Lincoln St, Framingham, MA 01702

MetroWest Medical Center is a healthcare system with two hospitals located in Natick and Framingham, Massachusetts. Emergency Care, Cardiac Care, Cancer Treatment, Surgical Services, Maternity Care, Behavioral Health Care.115 Lincoln St, Framingham, MA 01702 Main Number (508) 383-1000

Click here to visit the website

#### WIC (Women, Infants & Children)

WIC is a nutrition program that offers a variety of multilingual and multicultural services, free of charge, to pregnant and postpartum participants and parents/caregivers of infants and children under the age of five. Services/benefits include health food and infant formula, nutrition education, breastfeeding support, and referrals to health care and other services for Massachusetts families who qualify. WIC welcomes and includes all types of families! 7 Bishop St, Framingham, MA 01702

FWW@smoc.org

Main Number (508) 620-1445

Click here to visit the website

### **Natick**

#### **Leonard Morse Hospital**

Leonard Morse Hospital is dedicated to the mental health of our community for child, adolescent, adult and geriatric psychiatric care.

Expertise care focusing on the behavioral health of children, adults and seniors, including both inpatient & outpatient services

Union St, Natick, MA 01760

Main Number (508) 650-7000

#### Hudson

#### Open Door Free Medical Program / First Methodist Church

Free Medical care. Clients are advised to arrive early. 34 Felton St, Hudson, MA 01749
Main Number (978) 562-2932
Click here to visit the website

## **HOUSING**

## **Framingham**

#### **Common Ground Resource Center (SMOC)**

Assistance is provided to single, homeless adults. 90 Lincoln St, Framingham, MA 01702 Main Number (508) 620-2690 aclarke@smoc.org

Click here to visit the website

#### **Framingham Housing Authority**

Provides Section 8, family, veterans, elderly and congregate housing.

1 John J Brady Dr, Framingham, MA 01702

Main Number (508) 879-7562

cvictorine@framha.org

Click here to visit the website

#### **JOB TRAINING**

## **Framingham**

#### **Department of Transitional Assistance**

The Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency.

103 2nd St, Framingham, MA 01702 Main Number (508) 661-6600 Click here to visit the website

#### **MetroWest Career Center (SMOC)**

Provides a wide range of career and employment services. Public access to computer resources. Workshops on resume writing, applying for college, introduction to Microsoft Word and Excel are held on a regular basis.

300 Howard St, Framingham, MA 01702

Main Number (508) 620-2677

Click here to visit the website

#### MetroWest Center for Independent Living, Inc

Helps people with disabilities learn to live more independently. Peer advocates provide one-to-one services to individuals. Services include intake / assessment, peer counseling, advocacy, independent living skills training and information and referral.

1 Clarks Hill, Suite 200 (first floor), Framingham, MA 01702

Main Number (508) 875-7853

Click here to visit the website

## Marlborough

#### **Employment Options Inc**

This organization empowers individuals and families in mental health recovery to thrive in their communities. They offer programs related to employment, education, advocacy, housing assistance, and more.

82 Brigham St, Marlborough, MA 01752

Main Number (508) 485-5051

Click here to visit the website

### **Employment and Training Resources**

As a service to employers, PSW brokers workforce development programs with educational organizations and, in some instances, is a source of funding information.

201 Boston Post Rd W, Marlborough, MA 01752

Main Number (508) 281-6910

mburke@masshiremsw.com

#### **IMMIGRATION**

#### **Boston**

#### **Greater Boston Legal Services**

Provides help for many issues, including immigration. 197 Friend St, Boston, MA 02114 Main Number (617) 371-1234 / 800-323-3205 Click here to visit the website

### International Institute of New England

Assists refugees; provides ESL / ESOL, job training and placement, social services, and resettlement of immigrants and refugees. Also assists with citizenship and Green Cards. Specializes in immigration law.

2 Boylston St, Boston, MA 02116
Main Number (617) 695-9990
comms@iine.org.

Click here to visit the website

#### **Mayor's Office of New Bostonians**

Provides help to new immigrants. Holds regular clinics to assist people with issues regarding immigration.

1 CITY HALL SQUARE ROOM 806 BOSTON, MA 02201-2030 Main Number (617) 635-2980 Click here to visit the website

#### MIRA (Massachusetts Immigration and Refugee Advocacy Coalition)

Provides advocacy on behalf of immigrants. 69 Canal St 3rd floor Boston, MA 02114 Main Number (617) 350-5480 Click here to visit the website

## **Framingham**

#### **Jewish Family Services of MetroWest**

Provides help with the Citizenship process. Persons must be in the US legally. 475 Franklin St. Suite 101, Framingham, MA 01702 Main Number (508) 875-3100 Click here to visit the website

#### Lowell

#### International Institute of Lowell

Offers comprehensive employment services to refugees and people seeking political asylum. Provides legal services for immigrants.

101 Jackson St Ste 2, Lowell, MA 01852 Main Number (978) 459-9031 comms@iine.org.

Click here to visit the website

## **LEGAL SERVICES**

#### **Boston**

#### **Greater Boston Legal Services**

Provides free civil (non-criminal) legal assistance to low-income individuals and families in and around Boston.

197 Friend St, Boston, MA 02114

Main Number (617) 371-1234 / toll-free 800-323-3205

Click here to visit the website

### Lawyer Referral Service - MA Bar Association

Connects individuals with qualified attorneys based on their legal needs. It offers online and phone referrals, covering various legal areas, and provides an initial half-hour consultation for a nominal fee.

Main Number (617) 654-0400 or (866) 627-7577 LRS@massbar.org

Click here to visit the website

#### Women's Bar Association

The Women's Bar Foundation is dedicated to ensuring access to justice for low-income women. 105 Chauncy St, Boston, MA 02111

Main Number (617)-973-6666 - Intake Line- 617-973-6666 ext 2216 anormoyle@womensbar.org

## **Framingham**

#### **Court Mediation Services of Framingham**

Provides impartial assistance in resolving serious disputes arising out of personal, family, social and business relationships. Separation and divorce mediation also are available.

600 Concord St., Framingham, MA 01701

Clerk's Office (508) 875-7461

Probation Department (508) 875-5241

cmframinghamdc@jud.state.ma.us

Click here to visit the website

### **South Middlesex Legal Services**

Free civil legal services to eligible people. Focus is on housing, government benefits, and domestic violence. Cannot serve undocumented individuals.

Monday – Friday, 9:00am – 5:00pm

63 Fountain Street, Suite 304 Framingham MA, 01702

Main Number: (508) 620-1830 or 800-696-1501 (toll-free)

Click here to visit the website

## Marlborough

### **Court Mediation Services of Framingham**

Confidential Services. Listens to problems, reviews legal documents, gives advice, explains the court process, helps complete forms. Can help with divorce, paternity, child support, restraining orders, guardianships, will and estates, name change and other family law.

Main Number (508) 485-1356

cmmarlboroughdc@jud.state.ma.us

Click here to visit the website

#### MENTAL HEALTH SERVICES / COUNSELING

## Marlborough

### **Advocates Community Counseling**

Provides Individual, group and family counseling. In school intervention, school outreach, advocacy, drug treatment and court outreach. All ages accepted generally low-income families, drug or court involved. Mass Health and most major insurance plans are accepted.

340 Maple Street 4th Floor Marlborough, MA 01752

Main Number: (508) 485-9300 Click here to visit the website

## **Framingham**

#### **Behavioral Health services SMOC**

Serves individuals, children, and families with a variety of services and programs that include substance use, mental health outpatient clinic, and care coordination services. In addition, SBH offers residential substance use recovery programs and peer recovery support.

298 Howard St, Framingham, MA 01702

Main Number: (508) 879-2250 Click here to visit the website

#### **Birthright of Framingham**

Free program. Pregnancy testing and counseling for women distressed by pregnancy. Information about: Pregnancy, Childbirth, Adoption, Prenatal Care, Community Programs, Parenting skills. Child Care.

79 Main St Ste A, Framingham, MA 01702

Main Number: (508) 620-0657 Click here to visit the website

#### **Jewish Family Services of Metrowest**

Provides counseling to individuals, couples and families. Accepts private insurance, Medicaid and sliding scale fees are also available. Non-sectarian.

475 Franklin St Ste 101, Framingham, MA 01702

Main Number: (508) 875-3100 Click here to visit the website

#### **Programs for People**

Provides services for adults over 18 years of age with psychiatric needs. MassHealth and private insurances accepted.

98 Lincoln St. Framingham, MA 01702

Main Number: (508) 879-3230 inquiry@programsforpeople.org Click here to visit the website

#### Voices against violence SMOC

Provides counseling and advocacy to survivors of sexual assault and domestic violence. Spanish and Portuguese.

300 Howard St, Framingham, MA 01702

Main Number: (508) 820-0834 or 1-800-593-1125 or 508-239-1370

afernandez@smoc.org

#### **Wayside Counseling Center**

Mental health services for children up to the age of 18 sliding fee scale. MassHealth and other insurance accepted.

Provides services to adolescents and their families. Victim services, including rape crisis centers, programs for children who witness violence, victims of violent crimes, and victims of domestic violent, and family bereavement programs.

1 Frederick Abbott Way, Framingham, MA 01701

Main Number: (508)-879-9800 Click here to visit the website

## **Sudbury**

#### **Metrowest Free Medical Program - Vision**

MetroWest Free Medical Program is a free clinic located in Marlborough and Sudbury, MA. Providers are volunteers in the community, as well as a small team of clinical and administrative staff. Interpreters are available for your care.

105 Hudson Rd, Sudbury, MA 01776

Main Number: (508) 656-0885 Click here to visit the website

#### **PARENTING**

#### **Ashland**

#### **Moms Club of Ashland**

Serves moms from Ashland, Framingham, Natick and Sudbury Moms offering moms support. ashlandmamoms@gmail.com
Ashland Moms | Ashland MA | Facebook

Click here to visit the website

#### **Boston**

#### **Parental Helping Parents**

Connects parents with parents in both virtual and community support groups to share challenges, express frustrations, and ask questions. Find the support and feedback you need to help yourself and your children. All services are free, anonymous, confidential, and accessible. 654 Beacon St, Boston, MA 02215

Main Number: 800-632-8188. Click here to visit the website

## **Framingham**

#### **Healthy Families Criterion – Middlesex Early Intervention Program**

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.

651 Franklin St. Framingham, MA 01701

Main Number: (508) 620-1442 Click here to visit the website

### **Mothers Helping Mothers Inc.**

Mothers Helping Mothers Inc. provides essential knowledge and skills needed to inspire mothers and families to become advocates for themselves.

12 Irving Street Suite 204B Framingham, MA 01702

Main Number: (508)-962-2623 Click here to visit the website

#### **RECREATIONS PROGRAMS**

## **Framingham**

#### **Boys and Girls Club**

The Boys & Girls Clubs of MetroWest is one of the largest Boys & Girls Club organizations in the Commonwealth of Massachusetts and serves the communities of and surrounding Marlborough, Hudson and Framingham. Provides social, education and recreation programs. 25 Clinton St, Framingham, MA 01702

Main Number: (508)-620-7145 Click here to visit the website

#### Framingham Park and Recreation

Whether you're interested in sports, cultural activities, or outdoor fun, Framingham's Parks & Recreation Department has something for everyone! For more information on any recreation program call Dan Avery or Trish Powell.

475 Union Avenue Framingham, MA 01702

Main Number: (508)-532-5960 Click here to visit the website

#### Framingham United Soccer

Framingham United Soccer Club, FUSC, is a non-profit soccer club that offers regular fall and spring soccer programs to Framingham residents in Pre-K through grade 8.

1257 Worcester Rd, 135, Framingham, MA 01701

Main Number: (508)-653-9400

registrar@fusc.org

Click here to visit the website

#### Framingham Youth Football and Cheering

Football and cheerleading program for boys and girls 7-15 years old. Member Pop Warner, Bay State Conference of Massachusetts.

25 Clinton St, Framingham, MA 01702475

Main Number: (508)-243-9109 Click here to visit the website

#### Girls Fast Pitch Softball Framingham

Offers skill development and competitive play for girls between 6 - 14 years old. Spring season runs for April - June, Summer season runs for June - July.

fysoftball@gmail.com

Click here to visit the website

#### **Hockey - Framingham Youth**

All levels up to 16 years of age. Beginners age 5-9. Contact John Hart (508) 877-2870 FYHP.BOD@gmail.com
Click here to visit the website

#### **Loring Skating Arena**

Public ice skating. Call for schedule and services. 165 Fountain St, Framingham, MA 01702-6212 Main Number: (508) 532-5950 arena@framinghamma.gov Click here to visit the website

#### **Lacrosse Framingham Youth**

Up to 14 years old. Spring and informal fall seasons. framinghamyouthlacrosse@gmail.com
Click here to visit the website

### **Running Club Greater Framingham**

Running club for adults.

Reach the Beach Relay(GFRC Team) RTB@gfrcrun.org

Contact volunteer@gfrcrun.org for more information on our many Volunteer opportunities Click here to visit the website

#### YMCA (Metrowest)

The Metrowest YMCA is a place where second graders can learn life-saving swim skills and every middle schooler has access to important after-school programs.

280 Old Connecticut Path, Framingham, MA 01701

Main Number: (508) 879-4420 Click here to visit the website

#### Little League (Baseball)

Today the Framingham Baseball provides an opportunity for over 500 Framingham, Massachusetts youths on over 50 teams. The league is managed by a volunteer board of directors.

info@framinghambaseball.org

Click here to visit the website

#### **Waltham**

#### Girls Scouts / Patriots Trail Girls Scouts

265 Beaver St, Waltham, MA 02452 Main Number: (781)-893-6293 Click here to visit the website

#### PLACES OF WORSHIP

#### **Ashland**

#### Sri Lakshmi Temple - Hindu Temple

117 Waverly St, Ashland, MA 01721 Main Number: (508) 881 - 5775

info@srilakshmi.org

## **Framingham**

#### **Boston Taiwanese Christian Church**

15 Elm St, Framingham, MA 01701 Main Number: (508) 877-6030 Click here to visit the website

### Brazilian Community Christian Church (Catedral de Adoração Framingham)

74 Pearl St, Framingham, MA, United States, Massachusetts Main Number: (508) 620-2270 Click here to visit the website

#### **Chabad House of Framingham (Congregation Bais Chabad)**

74 Joseph Rd, Framingham, MA 01701 Main Number: (508) 877-5313 Click here to visit the website

#### St. George Catholic Church

74 School St, Framingham, MA 01701 Main Number: (508) 877-5130 office@churchofstgeorge.org Click here to visit the website

#### Assembléia de Deus Colheita

115 Edgebrook Rd, Framingham, MA 01701 Main Number: (508) 405-0848 addcolheita@hotmail.com Click here to visit the website

### **Crossroads Community Church**

1341 Edgell Rd, Framingham, MA 01701 Main Number: (508) 877-7733 office@crossroadsframingham.com
Click here to visit the website

#### **Edwards Church**

39 Edwards St, Framingham, MA 01701 Main Number: (508) 877-2050 Click here to visit the website

#### First Assembly of God

32 South Street Framingham, MA 01702

Main Number: (508) 875-5030 Email: AGframingham@aol.com Click here to visit the website

#### First Baptist Church-Framingham

1013 Worcester Rd, Framingham, MA 01701

Main Number: (508) 872-1176 firstbaptistframingham@gmail.com

Click here to visit the website

### **Christian Science Church and Reading Room Framingham**

887 Concord St, Framingham, MA 01701

Main Number: (508) 872-0442 Click here to visit the website

#### First Parish in Framingham Unitarian Universalist

24 Vernon St, Framingham, MA 01701

Main Number: (508) 872-3111 Click here to visit the website

#### First United Methodist Church (Beacon of Hope United Methodist Church of Framingham)

360 Water St, Framingham, MA 01701

Main Number: (508) 877-2151 Click here to visit the website

#### Framingham Church of God in Christ

36 Second Street, Framingham, MA 01702 Main Number: (508) 626-3650 framinghamcogic@outlook.com

Click here to visit the website

#### **Framingham Friends Meeting**

841 Edmunds Rd, Framingham, MA 01701 Main Number: (508) 877-1261 ffmquakerquestions@gmail.com Click here to visit the website

### Framingham Spanish Seventh-day Adventist Church

305 Hollis St, Framingham, MA 01702 Main Number: (508) 879-8090 Click here to visit the website

#### **New Life Presbyterian Community Church**

73 Union Ave #8214, Framingham, MA 01702 Main Number: (508) 872-7680 church@newlifeus.com Click here to visit the website

#### AIC Framingham - Iglesia Pentecostal

1 C St, Framingham, MA 01702 Main Number: (508) 820-4727 aicframingham1@gmail.com Click here to visit the website

#### **Greater Framingham Community Church**

44 Franklin St, Framingham, MA 01702 Main Number: (508) 626-2118 administrator@gfccnet.org

Click here to visit the website

#### Islamic Society of Framingham (Masjid E Basheer )

234 Union Ave, Framingham, MA 01702 Main Number: (508) 834-7826 contactus@islamicsocietyframingham.org Click here to visit the website

## Igreja Adventista De Framingham

720 Edgell Rd, Framingham, MA 01701 iasdframingham@gmail.com
Click here to visit the website

#### **New Bethel Baptist Church**

11 Beech St, Framingham, MA 01702 Main Number: (781) 367-1338 / (508) 309-6579 NBBCFramingham@outlook.com Click here to visit the website

#### Igreja Cristã Primitiva

10 Frederick St, Framingham, MA 01702

Main Number: (508) 309 - 2203 igrejacristaprimitiva777@gmail.com

Click here to visit the website

#### Iglesia Altar de Dios Boston

125 Irving St, Framingham, MA 01702
Main Number: (508) 250-4005
altardediosboston@gmail.com
Click here to visit the website
Click here to visit the website

#### The Plymouth Church in Framingham

87 Edgell Rd, Framingham, MA 01701

Main Number: (508) 875-1364

Info@Plymouthchurchframingham.Org

Click here to visit the website

### The Salvation Army Framingham

Salvation Army Programs are led by Salvation Army Officers. These officers are responsible to lead by assessing needs, delivering programs, and directing ministries for our local community. From serving food to balancing the books, they function as the Executive Directors and the Pastors.

350 Union Avenue Framingham, MA 01702

Main Number: (508) 875-3341

kimberly.delong@use.salvationarmy.org

Click here to visit the website

#### Framingham Centre Seventh-day Adventist Church

252 Edgell Rd, Framingham, MA 01701

Main Number: (508) 872-1518

framinghamcentresdachurch@gmail.com

Click here to visit the website

#### **Shalom Pentecostal Church**

30 Hollis St, Framingham, MA 01702

Main Number: (508) 628-3895

#### **South Middlesex Baptist Church**

86 Bridges St Ext, Framingham, MA 01702

Main Number: (508) 879-6847

office@smbaptist.com

Click here to visit the website

#### St. Andrew's Episcopal Church

3 Maple St, Framingham, MA 01702 Main Number: (508) 875-5095 office@standrewsframma.org Click here to visit the website

#### **Sons of Mary Missionary Society**

567 Salem End Rd, Framingham, MA 01702

Main Number: (508) 879-6711 Click here to visit the website

### Saint Bridget's Church

15 Wheeler Ave, Framingham, MA 01702 Main Number: (508) 875-5959 administrator@stbridgetparish.org
Click here to visit the website

#### Saint Stephen Parish

221 Concord St, Framingham, MA 01702 Main Number: (508) 875-4788 info@ststephenparish.org
Click here to visit the website

#### **Saint Tarcisius Church**

562 Waverly St, Framingham, MA 01702

Main Number: (508) 875-8623 (English) / (508) 875-6347 (Portuguese)

Click here to visit the website

#### Temple Beth Am (Reform)

300 Pleasant St, Framingham, MA 01701 Main Number: (508) 872-8300 shalom@tempbetham.org
Click here to visit the website

#### **Temple Beth Sholom (Conservative)**

50 Pamela Rd, Framingham, MA 01701 Main Number: (508) 877-2540 templeadmin@beth-sholom.org Click here to visit the website

#### RCCG Chapel of Redemption, Signs and Wonders Framingham MA

225 Maynard Rd, Framingham, MA 01701 Main Number: (781) 521-3888 rccgcrsw@gmail.com
Click here to visit the website

#### **Vineyard Metrowest Church**

93 State St, Framingham, MA 01702 Main Number: (508) 875-6060 admin@vineyardmetrowest.org Click here to visit the website

### **Beacon of Hope United Methodist Church**

360 Water Street, Framingham, MA, 01701 Main Number: (508) 877-2151 administrator@beaconofhopeumc.org

Click here to visit the website

#### **Natick**

#### **Boston Christian Assembly**

26 Wellesley Rd Natick, MA 01760 Main Number: (781) 223-0082 bcachurch.info@gmail.com Click here to visit the website