

## **Resources for Families**

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## **Clothing Resources**

### Salvation Army Thrift Stores

In Whitinsville:

135 Providence Rd, Whitinsville, MA 01588 Phone: (508)-234-4439

In Worcester:

72 Cambridge Street, Worcester MA 01603 Phone: (508)-799-0528

In addition to clothing, they have furniture, books, videos and more.

### Catholic Charities, Diocese of Worcester

10 Hammond Street, Worcester, MA, 01610 Phone: (508) 860-2250 In addition to clothing, a number of social service programs are offered. A focus is on housing and eviction prevention. Receive credit and budget counseling too.

### St. James Outreach - Church

89 Main St., South Grafton, MA, 01560 Phone:(508) 839-5354

Resources offered include limited furniture and household goods, adult clothing, items for children and much more.

### Urban Missionaries of Our Lady of Hope - Little Store

27 Chandler Street, Worcester, Massachusetts, 01609 Phone: (508) 831-7455

The Little Store (which is a thrift store) makes available to working poor and low-income residents a number of services. Call the store, and make donations of clothing, furniture and household goods. May even sell some basic appliances.

### ReStore

11 Distributor Road (at Gold Star Blvd), Worcester, MA, 01605 (508) 439-7655

The Habitat for Humanity-MetroWest/Greater Worcester ReStore is a retail outlet that sells quality, gently-used and surplus construction and home improvement materials as well as home furnishings for a fraction of regular retail prices. The ReStore offers great deals on building supplies, making your home improvements more affordable while providing much needed funding for the work of Habitat for Humanity-MetroWest/Greater Worcester. Store Hours: Wednesday, Thursday, Friday & Saturday from 10:00 a.m. to 5:00 p.m.

<http://www.habitatmwwg.org/restore/>

## Goodwill Thrift Stores

Visit this page to see the Goodwill stores in Massachusetts.

<http://www.goodwillmass.org/stores/store-locations-and-hours.html>

In Worcester: 25 Park Avenue. Phone: (508) 752-4042

## Savers

Two stores in Worcester:

50 Mill St, Worcester, MA 01603 Phone: (508) 363-2777

490 Lincoln Street, Worcester, MA 01605-1920 Phone: (508) 853-3653

[www.savers.com](http://www.savers.com)

## Children's Orchard

Westboro Shopping Plaza

18 Lyman Street, Westboro, MA 01581 Phone: (508) 366-KIDS

## Once Again Kids

26 Maple Ave., Shrewsbury, MA 01545 Phone: (508) 842-3002

<http://www.onceagainkids.biz/index.php>

## St Vincent De Paul Thrift Store

507 Park Avenue, Worcester, MA 01603-2534 Phone: (508) 752-4232

<http://www.svdpusa.org/AboutUs/ClientServicesandThriftStores.aspx>

**Dental Resources (accept Mass Health)**

Milford Smiles  
www.milfordsmiles.com  
Dr. Theodore Goldberg  
Dr. Brijesh Patel  
Dr. George Gotsiridze

8 Asylum St Milford, MA 01757  
508-473-7632

Children's Dentistry  
Dr. Leslee Huggins  
Dr. Mona Daneshi  
Dr. Tajik Katy

192 West St. Milford, MA 01757  
508-478-2131

The Pediatric Dental Group  
www.thepediatricdentalgroup.com  
Dr. Liliana Gomez-Infante  
Dr. Farnaz Adibi  
Dr. Christina Shin

182 Main St. Milford, MA 01757  
508-473-5437

Family Health Center Dental Clinic  
Monday through Friday 8:30 am to 5:30 pm

26 Queen St. Worcester, MA 01610  
508-860-7910

Worcester Hills Dental  
Dr. Maureen George  
Dr. Li  
Dr. Ummesalma

290 Park Avenue Worcester, MA 01609  
508-798-9040

Dental Hygiene Clinic of  
MA  
Quinsigamond Community College  
(Low cost fees and most insurances)

670 West Boylston St. Worcester,  
01606  
508-854-4306

Michael Moynihan, DMD, Orthodontics

288 Main St. Milford, MA 01757  
508-473-8000

## **Food Resources**

Free and Reduced Lunch at Northbridge Public Schools

Application is available at [www.nps.org](http://www.nps.org) under Food Services on the left side of the page.  
Northbridge Association of Churches Food Pantry  
Emergency food pantry for residents of Northbridge. You may visit the food pantry once every 30 days. You will need a referral from a social worker, minister, school official or nurse.

Tuesday mornings 10:00 – 12:00

Thursday Afternoons 1:00 – 3:00

508-234-4599

Peace of Bread Community Kitchen

Offer a free hot meal

Open every Wednesday evening, 5:30-7:00 PM

United Presbyterian Church

51 Cottage Street

Whitinsville, MA

508-234-8220

Catholic Charities Basic Human Needs Program

9 Spring Street

Whitinsville, MA

508-234-3800

John 21 Community Breakfast

Free breakfast offered every Saturday 8:00 – 10:00

St. Patrick's Church

7 East Street

Whitinsville, MA

508-234-6224

### **Holiday Assistance**

Northbridge Association of Churches

61 Linwood Ave, Whitinsville, MA

Offers help with food for Thanksgiving and Christmas  
and Christmas gifts for children 508-234-2275

Toys For Tots 10 New Bond St. Worcester, MA 01606  
worcester-ma.toysfortots.org/ 508-754-2858

Lifesong Church 65 Gilmore Dr. Sutton, MA 01590  
www.lifesongonline.org/ 508-921-4767

Salvation Army 508-23403800 local number  
www.salvationarmyusa.org/  
Mass 211  
http://wwwmass211help.org Click orange circle, search for help, type in "Holiday  
Help"

Assumption Church 10 Waters St. Millbury, MA 01527  
508-865-2657  
Has a "Free yard sale" in early December for those in need; call rectory in November for  
information

### **Home Heating Resources**

Low Income Home Energy Assistance Program (LIHEAP)-commonly known as Fuel Assistance: Eligible households in 37 communities receive assistance paid directly to their heating vendor. The program is designed to help low-income people afford the cost of heat in the winter months. Eligibility is based on gross annual income and family size. Residents of Northbridge can access this program through:

South Middlesex Opportunity Council, Inc. (SMOC):  
7 Bishop Street  
Framingham , MA 01702  
(508) 620-1230 - Framingham  
1-800-286-6776 - Toll Free outside Framingham

Cold Relief Heatline: 1-800-632-8175

Provides additional information about LIHEAP, Weatherization or HEARTWAP (Heating Emergency Assistance Retrofit Weatherization Assistance Program)

Mass Save: 1-866-527-SAVE (7283)

Based on your income level and household size, you may be eligible for a number of programs that help residents manage their energy costs. These programs include fuel assistance, utility discount rates, and energy efficiency services.

The Good Neighbor Energy Fund (operated by your local Salvation Army):

For limited income households who are not eligible for fuel assistance.

In area codes 617, 508, 781, or 978: 1-800-334-3047

In area code 413: 1-800-262-1320

website: [www.magoodneighbor.org](http://www.magoodneighbor.org)

Citizens Energy Oil Heat Program (also known as Joe-4-Oil): 1-877-JOE-4-OIL  
(1-877-563-4645)

Offers free heating oil to people in financial need who can't afford to pay their heating bills. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free. You must call the number to apply for the program and though it takes just 6 easy steps, the application process takes 4-5 weeks so this is not an emergency assistance program.

Additional information can be found at [www.mass.gov](http://www.mass.gov) or by calling 1-617-573-1400

Worcester Community Action Council, Inc. (WCAC)

484 Main Street, 2nd Floor

Worcester, MA 01608

(508) 754-1176 x110 - Worcester

Offers Fuel Assistance/Weatherization Services/Heating System Services

### **Housing Resources**

Northbridge Housing Authority

Colonial Drive, Northbridge, MA 01588 Phone: 508-234-7736

Catholic Charities - Whitinsville

9 Spring Street, Whitinsville, MA 01588 Phone: (508) 234-3800

Various social services, shelter, and referrals to transitional housing is offered. Case managers can advise low income families, seniors, and others on rental assistance, no interest loans, and other support.

Homeless Prevention Program

Catholic Charities

10 Hammond Street, Worcester, Massachusetts 01610 Phone: (508) 860-2250

Helps administer the Homeless Prevention and Rapid Rehousing program, which offers up to 18 months of cash grants to pay rent, security deposits, funds for utilities, and other housing type expenses. This is often combined with case management too.

Salvation Army - Milford

29 Congress Street, Milford, MA 01757 Phone: (508) 473-0786

Like many other Salvation Army branches, a number of crisis programs are offered for food, prescriptions, housing, and rent. The non-profit charity organization also partners with other groups such as churches.

Central Massachusetts Housing Alliance (CMHA)

7-11 Bellevue Avenue, Worcester, MA 01609 Phone: (508) 791-7265

They help respond to the needs of the homeless and near homeless in the community by supporting prevention programs, advising and directing people to rent assistance programs, and doing whatever they can to help people stay in their homes and apartments. In addition to those services, CMHA can also help senior citizens by coordinating repairs to their home, and they may be free in some cases.

Massachusetts Housing Consumer Education, Worcester Centers

6 Institute Road, Worcester, Massachusetts, 01609 Phone: (800)-332-9667

Runs the RAFT program. It helps those facing eviction, a crisis and the currently homeless. The agency may offer short term, emergency transitional housing. Also explore government benefits and get referrals. Local non-profit partners in Worcester may have funds or forgivable loans to pay for a security deposit fee, utility connection, or rent. Case management and job training resources are also a focus.

Region 7 - RCAP Solutions (Worcester Area)

RCAP Solutions (formally Rural Housing Improvement, Inc.)  
12 East Worcester Street, Worcester, MA 01604 Phone: 800-488-1969  
website: [www.rcapsolutions.org](http://www.rcapsolutions.org)

#### Other Rental Assistance Resources

For individuals and families: The Department of Housing and Community Development manages a number of rental housing programs, information about which can be obtained by calling (617) 573-1150.

MassHousing also maintains a list of rental housing developments that it has financed. Many units within MassHousing financed developments are reserved for low or moderate-income persons. For a free list of their rental properties, call (617) 854-1185 and request the Housing List or you may search for a unit online at their website

#### Emergency Shelter Assistance (Families)

Worcester TAO

2nd floor

13 Sudbury Street, Worcester, MA 01608 Phone: 508-767-3100

#### Framingham TAO

75 Fountain Street, Framingham, MA 01702 Phone: 508-661-6645

#### Emergency Shelter Assistance (for Individuals)

Greater Worcester Housing Connection

25 Queen St., Worcester, MA 01601 Phone: 508-757-0103 Ext. 6340

#### St Francis & St Therese Catholic Worker House

52 Mason St, Worcester, MA 01610 Phone: 508-753-3588

#### Foreclosure and mortgage assistance

Worcester County homeowners can contact NeighborWorks Homeownership Center of Worcester (HOCW). This HUD approved agency provides foreclosure counseling and intervention services to qualified applicants. Various programs are offered, including classes and intervention techniques. They can also provide you information on other Massachusetts mortgage programs. Phone: 508-791-2170

## **MassHealth: Assistance with Applications**

[www.masshealth.gov](http://www.masshealth.gov)

Telephone Numbers:

MassHealth/Children's Medical Security Plan/ Commonwealth Connector

MassHealth Enrollment Center 1-888-665-9993

MassHealth Customer Service 1-800-841-2900

11877-MA-ENROLL 1-877-623-6765

UMass/Memorial

Patient Financial Counseling 508-334-9300

Call ahead or walk-in daily from 8-4 at University Campus, Lake Ave, Worcester

UMass Billing Department located within Guaranty Bank, 370 Main St, Worcester

St. Vincent's Hospital at Worcester Medical Center

Financial Counseling 508-363-6130

Milford Regional Medical Center

Patient Accounts 508-473-1190

## **Free and Reduced Cost Medical Care**

Ronald McDonald Care Mobile

The UMass/Memorial Ronald McDonald Care Mobile program goal is to improve access to medical and dental care for underserved children and their families by providing health services in a community-based mobile clinic. There is no cost to patients for the care they offer. They visit 10 Worcester neighborhood sites where, in addition to providing medical and dental services, they also work with families to find resources for ongoing health care, including access to primary care providers, assistance with health

insurance enrollment, and referral to other social services as needed. This mobile clinic will not provide care for illness or injury based visits. It is for preventative care including: physical exams, lab testing, immunizations, TB testing, and Dental services. You will need to provide a bill (of any kind) to show address. It is available to anyone in Worcester or surrounding communities.

Location: Varies per schedule

Telephone: 508-334-6073 (call to schedule an appointment)

Hours: Most weekdays 9 am- 3 pm

#### St. Anne's Church

St. Anne's provides high quality health services to individuals and families without adequate access to health care in the greater Worcester community.

Services include: School Physicals, sick visits, immunizations, TB testing, Medications for the uninsured, Dermatological services on the first Tuesday of the month only, Pediatrician services on the first Tuesday of the month only, Podiatry services on the last Tuesday of the month only, Psychiatric services and assistance with health insurance.

Location: St. Anne's Church, Boston Turnpike Road (Rt. 9), Shrewsbury, MA

Telephone: not available

Time: Every Tuesday from 6-8pm; no appointment needed

\*If Shrewsbury Schools are cancelled due to poor weather, St. Anne's Clinic will be closed for the evening.

#### Epworth Methodist Church

Free medical clinic walk in program for individuals and families who do not have or can afford health care. Services include sick visits and Laboratory testing. TB testing done as well.

Location: 64 Salisbury St., Worcester, MA

Telephone: 508-752-2376

Hours: Every Monday 6-8 pm

#### Wesley Methodist Church

Services include eye exams; free or low cost eyeglasses; glaucoma and diabetic retinopathy exams; hearing tests; and low cost hearing aids

Comprehensive eye exams are offered on the 2nd and 4th Mondays of each month from 6 PM to 8 PM. This is a walk-in clinic, first-come, first-served. You do not need an appointment.

Hearing Aids are offered on the 3rd Monday of each month.

We no longer offer Hearing Exams. You will need to see a Hearing doctor then bring the prescription to the clinic. Hearing Aids are offered to those who qualify for \$50, payable in cash upon ordering.

Location: 114 Main St., Worcester, MA

Telephone: 508-799-4191

Hours: every Monday from 6-8 pm

Greenwood St. Medical Clinic

Greenwood Street Medical Program has a number of medical services. The medical services are provided by Dr. Harvey Clermont and a team of medical professionals and students. They welcome walk-in patients and those without the ability to pay. No documentation or insurance is required. Services include: Physical Exams, (work, school) Check ups, sick visits and Immunizations. Assistance with health insurance is available.

Location: Bethlehem Covenant Church, 46 Greenwood St., Worcester, MA

Telephone: not available

Hours: Every Wednesday 6-8 pm

India Society of Worcester

Every week the Free Health Stop plans to provide acute care for non emergency medical problems, information on health issues and different issues related to diet. Services will be provided to anyone regardless of their financial, immigration and insurance status. Services are not limited to the Indian Community.

The Free Health Stop is staffed by volunteer physicians, social workers, dieticians and members of the India Society of Worcester. We are looking for volunteer physicians associated with the UMass Medical School system.

Services include: Physical exams, well visits, sick visits, health insurance assistance, and Dental consults are done on the first Wednesday of the month

Location: India Center's Free Health Stop, 152 West Main St., Shrewsbury, MA

Telephone: not available

Hours: Every Wednesday 6-8 pm. If the Worcester Public Schools are cancelled for weather, the clinic will not open that day; closed the Wednesday before Thanksgiving

#### CVS Minute Clinic

Offers convenient access to medical care for a fee. No appointment necessary. They will accept most insurances but also will accept cash or credit card payment.

Our practitioners:

Diagnose, treat and write prescriptions for common family illnesses such as strep throat, bladder infections, pink eye, and infections of the ears, nose and throat

Provide common vaccinations for flu, pneumonia, pertussis and hepatitis, among others

Treat minor wounds, abrasions, joint sprains, and skin conditions such as poison ivy, ringworm, lice and acne

Provide a wide range of wellness services including TB testing, sports and camp physicals, and lifestyle programs such as smoking cessation and a medically based weight loss program

Offer routine lab tests, instant results and education for those with diabetes, high cholesterol or high blood pressure

Provide care to adults and children 18 months and older for most services

Share records with primary care provider with patient permission

Please refer to the fee schedule online. Most basic visits range from \$59 to \$79.

Location: Various locations: Two local sites are

CVS, 100 Worcester St. Grafton, MA

Hours: M-F 8 am - 7 pm Saturday 9 am - 5:30; Sunday 10 am - 5:30 pm

CVS, 323 North Main St. , Uxbridge, MA

Hours: M-F 8:30 am - 7:30 pm, Saturday 9 am - 5:30 pm, Sunday 10 am - 5:30 pm

Telephone: Minute Clinic Patient Support 1-866-389- ASAP (2727)

#### Milford Emergency Associates Walk In Medical Center

Provides medical services to children and adults without appointment. Services include Physicals for sports or school, immunizations (as long as previous records are available).

They do not provide treatment. Modest payment plans are available.

Location: 14 Asylum St., Milford, MA  
Hours: Monday - Friday 9 am - 6 pm  
Telephone: 508-473-5500

## MENTAL HEALTH RESOURCES

Community Health Link (CHL) 68-72 Jacques Ave. Worcester Ma. 01610  
Info@Communityhealthlink.org 508-860-1000  
CHL has an acute care inpatient: Motivating Youth Recovery (MYR) Teenagers can call 508-860-1244 for a telephone intake.

Family Continuity Program 76 Church St #301, Whitinsville, MA 01588  
www.familycontinuity.org 508-234-4181  
Family Continuity Program provides outpatient services to families, children, & adolescents. They offer in home support services to children receiving services through DMH, DCF, & DPS. The Family Continuity Program offers many outpatient group therapies such as Anger Management, ADHD Skills, Youth Social Skills, Parenting, & Grief/Loss groups.

MSPCC 335 Chandler Street Suite 1 Worcester, MA 01602  
www.mspcc.org/ 508-753-2967  
Massachusetts Society for the Prevention of Cruelty to Children provides a multitude of outpatient services.

Milford Franklin Counseling 409 Fortune Blvd. Milford, MA 01757  
www.milfordfranklincounseling.org 508-473-7400  
Milford Franklin Counseling offers comprehensive services to children, adolescents, & families.

Riverside Community Care Outpatient Center  
www.Riversidecc.org 206 Milford St, Upton, MA 01568  
508) 529-7000  
Youth Mobile Crisis Intervention  
Phone: 800-294-4665 or 508-634-3420  
Riverside Community Care's Youth Mobile Crisis Intervention Services can provide evaluation of children in their homes or at school.

South Bay Mental Health                      340 Main Street Suite 818 Worcester, MA 01608  
www.southbaymentalhealth.com            508-791-4976

548 Park Ave Suite B Worcester, MA 01603  
774-823-1500 Early Intervention

South Bay Mental Health has an Early Intervention Program for children under the age of 3 years old who are having difficulties related to a multitude of conditions including behavioral, medical & developmental issues.

Wayside Family Counseling    8 Asylum Street Milford MA 01757  
www.Waysideyouth.org                      508-478-6888

Wayside Family Counseling Center provides a full range of mental health and substance use services for children, adolescents, & families. Wayside also provides acute residential services for children & adolescents.

YOU, Inc.    81 Plantation St. Worcester, MA 01604  
www.youinc.org                                      508-849-5600

Youth Opportunities Upheld, Inc. provides comprehensive outpatient services, & residential treatments. YOU, Inc. also has a GED program at 33 Linwood Ave. Whitinsville 01588 (508) 849-5600