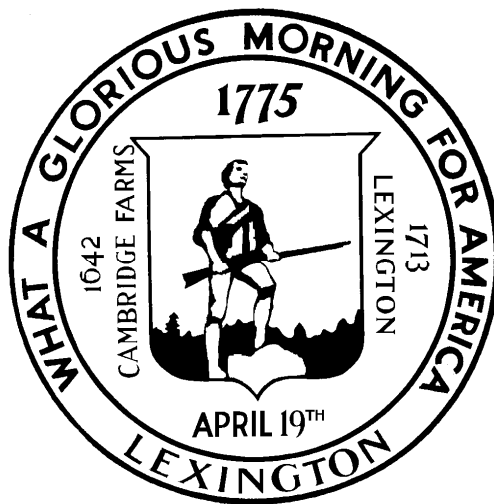


TOWN OF LEXINGTON COMMUNITY RESOURCE GUIDE

PRESENTED BY THE TOWN OF LEXINGTON HUMAN SERVICES
DEPARTMENT



HUMAN SERVICES DEPARTMENT 781-861-0194
TOWN HALL 781-862-0500
TOWN WEBSITE www.lexingtonma.gov

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The Town of Lexington Human Services Department has made every effort to ensure that the contact information, phone numbers and websites in this resource guide are active and accurate. If you find a listing that is incorrect or inactive, please call the Human Services Department at 781-861-0194 and we will make the necessary change. Thank you.

This Community Resource Guide is available on-line on the Human Services Department page on the Town of Lexington website:

www.lexingtonma.gov/humanservices.cfm

AIDS/HIV:

- AIDS Action Committee Hotline.....800-235-2331
- Anonymous HIV Testing.....617-267-0159

Alcohol & Drug:

- Alanon & Alateen.....508-366-0556 www.ma-al-anon-alateen.org
- Alcoholics Anonymous.....617-426-9444 www.aaboston.org
- Massachusetts Drug & Alcohol Hotline.....800-327-5050
- Straight Dope for Parents www.straightdopeforparents.org

Autism/Asperger's:

- Asperger's Association of New England.....617-393-3824
www.aane.org
- Doug Flutie, Jr. Foundation for Autism, Inc.....1-866-3AUTISM or 508-270-8855 www.flutiefoundation.org

Community Education:

- Cary Memorial Library, 1874 Massachusetts Ave., Lexington, MA.....781-862-6288 www.caryllibrary.org
- Community Education, 251 Waltham St., Lexington, MA (1st floor of the main building at Lexington High School).....781-862-8043
www.lexingtoncommunityed.org
- Minuteman Career and Technical High School – Community Education, 758 Marrett Rd., Lexington, MA.....781-861-6500
www.minuteman.org
- Munroe Center for the Arts, 1403 Massachusetts Ave., Lexington, MA.....781-862-6040 www.munroecenter.org
- National Heritage Museum, 33 Marrett Rd., Lexington, MA.....781-861-6559 www.monh.org

Consumer Protection:

- Better Business Bureau of Boston.....508-652-4800 www.bosbbb.org
- Consumer Credit Counseling Services.....866-889-9347
CCCS will help with budgeting, money management and credit issues.
www.creditcounseling.org
- Massachusetts Consumer Information Office.....888-283-3757
www.mass.gov/consumer

Death & Dying:

- The Children's Room, Arlington, MA.....781-641-4741
The Children's Room offers caring support for grieving children, teens and families.
www.childrensroom.org
- Compassionate Friends.....877-969-0010
The mission of Compassionate Friends is to assist families towards the positive resolution of grief following the death of a child.
- Hospice & Palliative Care Federation of Massachusetts.....800-962-2973
Please call for a listing of hospices and support groups that serve Lexington. www.hospicefed.org
- SafePlace www.samaritansofboston.org/survivor
An open group of caring people who have experienced the loss of a loved one to suicide. Meetings take place in Medford, Boston, Quincy, Framingham and Worcester. To contact facilitators for meeting times and exact locations, please go to their website.
- Widowed Outreach Support Group, Concord, MA.....800-696-6424
A mutual support group for people of various ages and life situations who are grieving the loss of a spouse or intimate partner.
- Young Widows/Widowers Support Group, Andover, MA.....978-979-8993 www.ywbb.org

Disabilities & Special Needs:

- Department of Developmental Services (formerly Department of Mental Retardation) Central Middlesex Office, Arlington, MA.....781-646-5500
www.dmr.state.ma.us
- Emerson Hospital, Concord, MA.....978-369-1400
The hospital runs many different support groups regarding various disabilities and illnesses.
- Greater Waltham Association for Retarded Citizens (GWARC).....781-899-1344
GWARC provides service for people in the community with developmental disabilities and their families. www.gwarc.org
- Lahey Clinic, Burlington, MA.....781-744-5100
The hospital runs many different support groups regarding various disabilities and illnesses.
- Lexington Commission on Disability.....781-863-5894

- Lexington Special Education Parent Advisory Council (Lexington SEPAC).....617-650-7326 www.lexsepac.org
- Massachusetts Office on Disability.....617-727-7440 or 800-322-2020
- Massachusetts Rehabilitation Commission, Boston, MA.....800-245-6543 www.mass.gov/mrc
- Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), Jamaica Plain, MA.....617-983-5800 www.mspcc.org
- Minuteman ARC for Human Services, Concord, MA.....978-287-7900 www.minutemanarc.org
- NuPath (formerly CMARC) Woburn, MA.....781-935-7057 www.nupathinc.org
- Social Security Office, 10 Fawcett St. First Floor, Cambridge, MA.....888-527-9340 www.ssa.gov

Divorce:

- Boston Bar Association Law Referral Service.....617-742-0625 www.bostonbar.org
- The Divorce Center, Framingham, MA.....888-434-8787
The Divorce Center provides education, resources and networks for divorced people. www.divorcenter.org
- Parents Without Partners, Burlington, MA.....978-930-6379
Parents Without Partners provides an environment for support, friendship and parenting techniques for single parents and their children. www.parentswithoutpartners.org

Domestic Violence:

- Lexington Police Department.....911 or 781-862-1212
- National Teen Dating Abuse Helpline.....866-331-8453
- REACH Beyond Domestic Violence, Waltham, MA.....800-899-4000
The main phone number is 781-891-0724 x100 for the receptionist. www.reachma.org/pavenet
- Safelink.....877-785-2020
Safelink is a 24-hour free and multilingual hotline for connection to programs and resources throughout Massachusetts www.janedoe.org
- Voices Against Violence Hotline.....800-593-1125
There is a shelter for battered women and children (boys up to age 13) in Framingham.....508-820-0834

Food & Meals:

- Food Stamps, Department of Transitional Assistance, Malden, MA.....781-388-7375 or 800-249-2007 www.mass.gov/dta
- Lexington Food Pantry ...781-861-5060 (information line)
Church of Our Redeemer, 6 Meriam St. The pantry is open on Saturdays from 9:30 am until 11:00 am. Please call the Human Services Department at 781-861-0194 to make an appointment for a food pantry letter.
- Meals On Wheels.....781-272-7177
Meals are delivered to home-bound seniors over the age of 60. A contribution is requested, but not required.
- Project Bread Food Resource Websites www.gettingfoodstamps.org for information on food stamps. For information on school meals, please go to www.meals4kids.org
- Project Bread FoodSource Hotline.....800-645-8333
- Red Cross, 867 Main St., Waltham, MA.....781-642-7000
- Sacred Heart Parish Food Pantry, 309 River St., Waltham, MA
The food pantry is open on Thursdays from 4:00 pm until 5:00 pm. Individuals must bring two forms of ID, one of which must be a photo ID.
- Salvation Army, 33 Myrtle St., Waltham, MA.....781-894-0413
Individuals must call to make an appointment.
- SERVE New England.....888-742-7363
This program enables people to purchase groceries once per month at a reduced price in exchange for two hours of community service each month.
- Soup Kitchen at Immanuel United Methodist Church, 545 Moody St., Waltham, MA (enter through Cherry St. to basement entrance).....781-894-1611
Meals are provided seven days per week and are available to anyone. The doors open at 3:00 pm and dinner is served at 5:00 pm.
- Women, Infants and Children (WIC) Nutrition Program, Malden, MA.....781-338-7578 www.mass.gov/wic

Fuel & Utilities:

- Community Teamworks, Inc., Lowell, MA (Fuel Assistance).....978-459-6161 www.comteam.org/fuel.htm
- Citizens Energy Heat Assistance (Joe-4-Oil).....877-563-4645

An eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free. For those that heat with gas, the program gives a \$150.00 utility bill credit to eligible households.

www.massresources.org

- Lexington Human Services Department.....781-861-0194
Please call to make an appointment to fill out an application for the fuel assistance program, which runs from Nov. 1 – April 30.
- Utility Arrearage Programs: www.massresources.org
 - Residential Assistance for Families in Transition (RAFT).....800-224-5124 or call the regional housing agency, which is CTI in Lowell.....978-459-0551 RAFT is a homelessness prevention program, which can give short-term financial assistance to low-income families who are homeless or at risk of becoming homeless.
 - Utility Payment Plans..... Please call your utility company to set up a payment plan. By law, gas and electric companies must give their customers at least four months to pay off their overdue balances.
- Utility Shutoff Protection.....800-392-6066
Massachusetts' laws prevent utility companies from shutting off service to people in special situations (seniors, low-income families with infants, people with serious illnesses, etc.)

Furniture & Clothing:

- Household Goods Recycling of Massachusetts (HGRM), Acton, MA.....978-635-1739
HGRM provides recycled goods free of charge to in-need individuals and families www.hgrm.org
- Mission of Deeds, Inc., Reading, MA.....781-944-9797
www.missionofdeeds.org
- Salvation Army, 33 Myrtle St., Waltham, MA.....781-894-0413

Gay & Lesbian:

- Boston Alliance of Gay, Lesbian, Bisexual and Transgender Youth (BAGLY) (for youth under age 22).....617-227-4313 www.bagly.org
- Gay Men's Domestic Violence Project.....617-354-6056 or 800832-1901
www.gmdvp.org
- Lesbian, Gay, Bisexual Transgendered Seniors (LGBT) Aging Project.....617-522-6700 www.lgbtagingproject.org

- Network for Battered Lesbians and Bisexual Women.....617-695-0877
www.thenetworklared.org
- Parents and Friends of Lesbians and Gay (PFLAG), Waltham, MA.....781-891-5966 www.gbflag.org

Healthcare & Medicine:

- Department of Public Health Information Line.....866-627-7968
- MassHealth.....800-841-2900 or 888-665-9993
www.mass.gov/masshealth
- MassMedLine.....866-633-1617
MassMedLine is a free service for all Massachusetts residents who are seeking information about medications. www.massmedline.com
- Medicare.....800-633-4227 www.medicare.gov
- Needymeds.org, Gloucester, MA
Needymeds.org can help with the cost of medicine (No phone number for information at this time) www.needymeds.org

Hospitals:

- Adcare Hospital (Alcohol and Drug Care), Outpatient – 14 Beacon St., Boston, MA.....617-227-2622
- Adcare Hospital, 107 Lincoln St., Worcester, MA.....800-345-3552
- Emerson Hospital, Concord, MA.....978-369-1400
- Lahey Clinic, Burlington, MA.....781-744-5100
- McLean Hospital (psychiatric hospital), 115Mill St., Belmont, MA.....617-855-2000
- Mt. Auburn Hospital, Cambridge, MA.....617-492-3500
- Newton-Wellesley Hospital, Newton, MA.....617-243-6000
- Winchester Hospital, Winchester, MA.....781-729-9000
- Veteran's Administration Hospital, Bedford, MA.....781-275-7500

Hotlines & 24-hr. Resources:

- EMERGENCY.....911
- Advocates Psych. Emergency Services Crisis Team.....781-893-2003 or 800-540-5806
- Child Abuse/Neglect.....800-792-5200
- Disabled Person Abuse/Neglect.....800-426-9009
- Domestic Violence.....877-785-2020
- Poison Control.....800-222-1222

- Runaway Youth.....800-786-2929
- Senior/Elder Abuse/Neglect.....800-922-2275
- Sexual Assault.....877-785-2020
- Suicide.....877-870-4673

Housing & Homelessness:

- Bristol Lodge Men's Shelter, Waltham, MA.....781-893-0108
Bristol Lodge is an individual men's shelter to which men can self refer.
- Bristol Lodge Women's Shelter, Waltham, MA.....781-893-0108
Bristol Lodge is an individual women's shelter to which women can self refer.
- Cambridge YWCA Family Shelter.....617-491-6050
Families can stay at this shelter as long as they do not have male children over the age of 12.
- Department of Transitional Assistance, Malden, MA.....781-388-7300
DTA is a point of access to some emergency shelters.
- Lexington Housing Assistance Board.....781-863-5362
- Lexington Housing Authority.....781-861-0900
- Massachusetts Coalition for the Homeless, Lynn, MA.....781-595-7570
www.mahomeless.org
- Metropolitan Boston Housing Partnership.....617-859-0400 or 800-272-0990
www.mbhp.org
- NeighborWorks America www.nw.org/network/home.asp Log on to their website to find a NeighborWorks organization or foreclosure counselor in Massachusetts
- Sandra's Lodge, 200 Trapelo Rd., Waltham, MA.....781-899-7311
Women and their children can stay at this shelter as long as male children are not over the age of 12. www.mhsainc.org/sandra's.htm

Immigrant & Refugee:

- Community Legal Services and Counseling Center, Cambridge, MA.....617-661-1010 www.cisacc.org
- Department of Transitional Assistance, Malden, MA.....781-388-7300
- Immigrant Learning Center, 442 Main St., Malden, MA.....781-322-9777
- Immigrant and Refugee Office.....617-727-7888
- Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA).....617-350-5480 www.miracoalition.org

Legal Services:

- Boston Bar Association Lawyer Referral Service.....617-742-0625
www.bostonbar.org
- Greater Boston Legal Services.....617-742-0625 or 800-323-3205
GBLS provides free civil legal representation to low-income people
www.gbbs.org
- Massachusetts Department of Revenue – Child Support
Enforcement... 800-332-2733 www.mass.gov/dor
- Metrowest Legal Services.....800-696-1501
MLS provides free civil legal representation to low-income people.

Mental Health:

- Advocates, 675 Main St., Waltham, MA.....781-893-2003
www.advocatesinc.org
- The Edinburg Center, Main Site, 1040 Waltham St., Lexington,
MA.....781-862-3600 or the Waltham Clinic at 169 Elm St.....781-894-
8440 www.edinburgcenter.org
- Lexington Human Services Department.....781-861-0194
The HSD Social Workers can provide stabilization, assessment, and
referral(s). www.lexingtonma.gov
- National Alliance of the Mentally Ill (NAMI) of Greater Boston.....617-
305-9975
NAMI is a grassroots organization for people with mental illness and
their families. Family members can call the local affiliate, NAMI Central
Middlesex at 781-982-3318. www.nami.org
- National Association of Social Workers (NASW) Therapist
Search.....800-242-9794 www.helpstartshere.org

Parent & Family Support:

- Department of Children and Families, 30 Mystic St., Arlington,
MA.....781-641-8500 or 800-769-4615
- Lexington Human Services Department.....781-861-0194
The HSD can provide parent consultation and coaching, assessments and
referrals.
- Parents Helping Parents.....800-882-1250
PHP is a self-help program for parents who want to improve their
relationships with their children. www.parentshelpingparents.org
- Parental Stress Line (24-hr. hotline).....800-632-8188
www.masskids.org

Senior Services:

- AARP Driver Safety www.aarp.org
- Alzheimer's Association.....800-272-3900 www.alz.org
- Attorney General's Elder Hotline.....888-243-5337
- Driving Evaluations.....617-351-9222
The driving evaluations are done at various locations, including New England Rehabilitation Hospital, Woburn, MA (781-935-5050) and Beth Israel Deaconess Medical Center, Boston, MA (617-667-4074).
- Elder Affairs – Programs and services.....617-727-7750
Elder Affairs provides information regarding assisted living, healthcare and many other senior related topics.
- Food Stamp Program – Supplemental Assistance program (SNAP).....866-950-3663 to apply, or call the Department of Transitional Assistance, Malden, MA at 781-388-7300
- Geriatric Care Managers of New England.....617-426-3533
www.gcmnewengland.org
- Lesbian, Gay, Bisexual and Transgendered (LGBT) Aging Project.....617-522-6701 www.lgbtagingproject.org
- Lexington Senior Center.....781-861-0194
- Mass Health.....888-665-9993 www.mass.gov/masshealth
- MassMedLine.....866-633-1617
MassMedLine is a free service for all Massachusetts residents who are seeking information about medications. www.massmedline.com
- Meals on Wheels.....781-272-7177
This program provides meals to home-bound seniors over the age of 60. A contribution is requested but not required.
- Medicare.....800-633-4227 www.medicare.gov
- Minuteman Senior Services.....781-272-7177
www.minutemansenior.org
- Resources for Massachusetts Elders.....800-243-4636 (800-AGE-INFO)
- Serving the Health Information of Elders (SHINE), Lexington Senior Center.....781-861-0194
- Social Security, 10 Fawcett St., Cambridge, MA.....888-527-9340
www.ssa.gov

Sexual Assault:

- Boston Area Rape Crisis Center, Boston and Cambridge, MA.....800-841-8371

- Emerson Hospital – Emergency Department, Concord, MA.....978-287-3690
- Greater Marlboro Rape Crisis Center.....508-485-7273
- Lexington Police Department.....911 or 781-862-1212
- REACH Beyond Domestic Violence, Waltham, MA.....800-899-4000
- Safelink.....877-785-2020
Safelink is a 24-hr. free and multilingual hotline for programs in Massachusetts that can connect callers to available resources
www.janedoe.org

Suicide:

- Samaritans.....617-247-0220 or 508-875-4500 or 877-870-4673
www.samaritansofboston.org
- Samaritans Teen Run Hotline.....978-688-8336
- Samariteens.....800-252-8336

Teen Pregnancy:

- Department of Children and Families, 30 Mystic St., Arlington, MA.....781-641-8500
The Teen Living Program offers support and guidance to young women age 13 – 19 who are dealing with pregnancy and parenting issues
- Massachusetts Society for the Prevention of Cruelty to Children (MSPCC).....617-983-5800 in Jamaica Plain, Ma and 978-937-3087 in Lowell, MA
The MSPCC has parenting programs and resources for parents age 20 and under. Their after-hours HelpNet number is 800-486-3730.
- Planned Parenthood League of Massachusetts.....800-258-4448
The mission of PP is to protect and promote sexual and reproductive health and freedom of choice by providing clinical services, education and advocacy. www.plannedparenthood.org

Telephone:

- Affordable telephone services for income-eligible consumers.....888-225-5322 www.lifeline.gov

Town Departments – Partial List:

- Assessor's Office.....781-862-0500 x203
- Board of Selectmen.....781-862-0500 x208
- Comptroller's Office.....781-862-0500 x218

- Fire Department.....781-862-0272
- Human Services Department.....781-861-0194
 - Youth Services.....781-861-2742
- Lexpress.....781-861-1210
- Library.....781-862-6288
- Police Department.....781-862-1212
- Public Works (main number).....781-274-8300
- Public Health – Public Health Nurse.....781-862-0500 x281
- Recreation.....781-862-0500 x262
- Revenue Office.....781-862-0500 x 265
- Town Clerk's Office.....781-862-0500 x270
- Town Manager's Office.....781-862-0500 x276
- Water Department.....781-274-8370

Transportation:

- American Cancer Society's Road to Recovery Program.....800-227-2345
This program offers free transportation for cancer patients to and from their treatment centers. www.cancer.org
- FISH.....781-861-9300
Volunteers provide rides, limited to medical appointments, one ride per week, Monday – Friday, 9:00am – 2:00pm.
- Lexpress.....781-861-1210 Lexpress operates Monday – Friday, 6:45am – 6:00pm.
- MBTA (Massachusetts Bay Transportation Authority) – Trip Planner tool: www.mbta.com/rider_tools/trip_planner/
- The Ride, provided by the MBTA.....617-222-5123
The Ride is for those with physical, cognitive or mental disabilities. www.mbta.com/riding_the_t/accessible_services/

Unemployment:

- The Career Place, Woburn, MA.....781-932-5500 or 888-273-9675
The Career Place provides comprehensive employment and career services. www.careerplacejobs.com
- Employment and Training Resources, Newton, MA.....617-928-0530
www.etrcc.com
- Labor and Workforce Development.....617-626-5300
This resource provides career center services, job search assistance, recruitment and hiring. www.mass.gov/eolwd

- Monster – An on-line career and job resource. www.monster.com

Veterans:

- Lexington's Veterans' Service Officer: Bob Martin.....781-953-3160
- National Suicide Hotline.....800-273-8255
- Statewide Advocacy for Veteran's Empowerment (SAVE).....888-844-2838
- VA Benefits Information.....800-827-1000
- Veteran's Administration Hospital, Bedford, MA.....781-275-7500