

# Quincy/Braintree Family Network's Family Resource Directory

Revised 2017



Quincy/Braintree Family Network  
1509 Hancock Street Quincy MA 02169  
Phone: 617-657-5369 | Email: [jrodeck@qcap.org](mailto:jrodeck@qcap.org)

Quincy Braintree CFCE  
1509 Hancock Street  
Quincy MA 02169  
617-657-5369

Dear Families, Providers, and Community Members,

The Quincy Braintree Family Network is happy to provide you with a copy of the 2017 Resource Guide! This resource guide is designed to help you obtain information and locate resources in your community and surrounding towns and cities. Please be aware that agency names and contact information is subject to change. We would like to thank our partners at Quincy Commission on the Family, QCAP Head Start, and Community Care for Kids for sharing their information to make this guide possible.

Thank you!

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## QUINCY COMMUNITY ACTION PROGRAMS, INC.

1509 Hancock Street

Quincy, MA 02169

Phone: 617-479-8181

Fax: 617-479-7228

[www.qcap.org](http://www.qcap.org)

**Adult Basic Education Program (ABE)** - *Classes offered in Quincy. Curriculum includes basic literary to GED preparation and four levels of English-Language Instruction from beginner to advanced. Services are free and available to any adult, age 18 and older. No income or geographic restriction applies. 1509 Hancock Street 2<sup>nd</sup> FL, Quincy, MA 02169. 617-657-5387 (HiSET) and 617-657-5386 (ESOL)*

**Community Care for Kids** - *Child care resource center provides resources and referral information to assist families of all income levels to find quality childcare. CCK manages childcare subsidies for parents who meet income guidelines, or for families transitioning from welfare, to obtain childcare vouchers. Also offers providers' trainings and workshops. Call CCK for an application to place your child on the wait list for an Income Eligible voucher. 1509 Hancock Street 3<sup>rd</sup> FL, Quincy, MA 02169. 617-657-5305.*

**Emergency Food Center (Southwest Community Center)** - *Households can get monthly food orders containing fresh, frozen and non-perishable food, holiday food orders, diapers, formula, and toiletries when available. New and gently used clothing for adults and children and small household items. Help available to apply for food stamps and Mass Health. 1 Copeland Street, Quincy, MA 02169. 617-471-0796. Hours: M/T/T/F 9:00am - 4:30pm Wednesdays 11:00am - 6.30pm*

**Energy and Fuel Assistance Program** - *Income eligible households may receive help with winter heating bills, enroll in utility discount programs, weatherization, heating system repair or replacement for homeowner and other utility sponsored energy conservation programs. 1509 Hancock Street 4<sup>th</sup> FL, Quincy, MA 02169. 617-479-8181 x 301*

**Financial REACH Center**- *Financial education and coaching, including money management and credit counseling and repair. Career coaching, including resume writing, mock interviewing, and job search placement. Free tax preparation and EITC support. Services are free. 1509 Hancock Street, 2<sup>nd</sup> floor, Quincy, MA 02169. 617-479-8181 x355*

## QUINCY COMMUNITY ACTION PROGRAMS, INC. (continued)

**Head Start** - *An early care and education program that services low to moderate income families with children birth to five years old. The program fosters children's cognitive, physical and social-emotional development and prepares children to enter kindergarten ready to learn. Family support, nutrition, health and parent involvement services are provided. QCAP Head Start is a NAEYC accredited program.*

22 Pray Street, Quincy, MA 02169. 617-249-2000

**Housing Program** - *Offers comprehensive housing services for tenants, landlords, homeowners and homebuyers. Includes affordable housing development and rental property management, first time homebuyer education and down payment assistance, housing counseling, housing search and stabilization services for homeless and at-risk families, and emergency rent/mortgage assistance.*

1509 Hancock Street 3<sup>rd</sup> FL, Quincy, MA 02169. 617-479-8181 x 376

**Quincy/Braintree Family Network** - *offers free events, parenting workshops, playgroups and kids' entertainment for families with children age 8 and under. Contact Joan Rodeck to find out the latest happenings and to receive newsletters via e-mail.*

1509 Hancock Street 3<sup>rd</sup> FL, Quincy, MA 02169. 617-657-5369. [jrodeck@qcap.org](mailto:jrodeck@qcap.org)



## ADULT EDUCATION & LITERACY SERVICES

**Asian American Services Association** - *Offers ESOL class, senior programs, newborn visiting program and translation services.*

550 Hancock Street, Quincy, MA 02170. 617-471-9354

[www.aasa-ma.org](http://www.aasa-ma.org)

**Boston Chinatown Neighborhood Center**- *Offers free English, citizenship and computer classes.* 275 Hancock St. Suite 200, Quincy, MA 02171 Telephone: 617-770-0091

[www.bcnc.net](http://www.bcnc.net)

**Boston Public Library** - Copley Square. Free conversation classes. 617-445-3708.

Website: [www.bpl.org/research/literacy.htm](http://www.bpl.org/research/literacy.htm)

**Braintree Public Library (Thayer)**

798 Washington Street, Braintree, MA 02184. Hours: Monday-Thursday: 9am - 9pm

Friday and Saturday: 9am - 5pm Sunday: Closed. 781-848-0405

Website: [www.thayerpubliclibrary.org](http://www.thayerpubliclibrary.org)

**Eastern Nazarene College**

23 East Elm Avenue, Quincy, MA 02170. 617-745-3000

Website: [www.enc.edu](http://www.enc.edu)

**Hull Public Library**

9 Main Street, Hull, MA 02045 Hours: Monday, Thursday: 10am - 8pm: Tuesday and

Wednesday: 10am - 5pm Friday: 2pm - 5pm Saturday: 10am - 3pm Sunday: Closed

781-925-2295. Website: [www.hullpubliclibrary.org](http://www.hullpubliclibrary.org)

**Literacy Volunteers of Massachusetts** - *Provides mentors for adult learners*

8 Faneuil Hall Marketplace 3<sup>rd</sup> Floor, Boston MA 02109. 617-367-1313 and/or 888-466-1313

**Literacy Volunteers of Massachusetts-Quincy Office**

Thomas Crane Public Library - 40 Washington Street, Quincy MA 02169. 617-376-1314

Main # 617-376-1300 Website: [www.thomascranelibrary.org](http://www.thomascranelibrary.org)

Website: [www.lvm.org](http://www.lvm.org)

**Massachusetts Literacy Hotline:** 800-447-8844

Information about ESOL classes in Quincy and greater Boston area with contact information, schedules, and links to program websites.

Website: [www.sabes.org/resources/hotline.htm](http://www.sabes.org/resources/hotline.htm)

## **ADULT EDUCATION & LITERACY SERVICES, (continued)**

### **Massasoit Community College**

1 Massasoit Blvd., Brockton, MA 02302. 508-588-9100

Website: [www.massasoit.edu](http://www.massasoit.edu)

**QCAP's Adult Basic Education Program** - *Free adult education programs including English for Speakers of Other Languages.* 617-657-5387 (HiSET) and 617-657-5386 (ESOL)

Website: [www.qcap.org](http://www.qcap.org)

**Quincy Asian Resources, Inc. (QARI)** - *Provides advocacy, education and cultural celebrations for Asian families and community members on the South Shores.*

1509 Hancock St. 2<sup>nd</sup> FL, Quincy, MA 02169. 617-472-2200 [www.quincyasianresources.org](http://www.quincyasianresources.org)

### **Quincy College**

1250 Hancock Street, Quincy, MA 02169 / 36 Cordage Park Circle Plymouth, MA 02360.

617-984-1700 and/or 508-747-0400

Website: [www.quincycollege.edu](http://www.quincycollege.edu)

**Quincy Public Schools Adult Education** - Beginner to advanced. North Quincy High School. 617-984-8888.

### **United First Parish Church**

1306 Hancock St. Quincy. Free conversation group. 617-773-1290 x 7

**Weymouth @ Night Adult Education Program** - Class-based evening classes at Weymouth High School. 781-337-7500 x 25199

## ALCOHOL & SUBSTANCE ABUSE PROGRAMS

**Alcoholics Anonymous** - *Support Groups and sponsorship for individuals affected by alcoholism.* 12 Channel Street #604, Boston, MA 02210. 617-426-9444

Website: [www.aaboston.org](http://www.aaboston.org)

**Massachusetts Substance Abuse information and Education Helpline** - *Referrals to substance abuse treatment programs.* 1-800-327-5050

**Al-Anon or Alateen / Al-Anon Family Group of Massachusetts** - *Support for family members affected by alcoholism or other substance abuse.*

Available 24 hours/7 days a week. Local: 508-366-0556. Hours: Monday - Friday 9am - 4pm.

National: 1-888-425-2666 or 888-4AL-ANON. Website: [www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

**Bay State Community Services, Inc.** - *Substance abuse treatment prevention and addiction services, driver alcohol education programs. Community Coalition to prevent underage drinking. Free drug addiction counseling available for those in need.* 1120 Hancock Street, Quincy, MA 02169. 617-471-8400 ext 127

Website: [www.baystatecs.org](http://www.baystatecs.org)

**Bridge Over Troubled Waters** - *Provides counseling for people under the age of 25 and services (Transitional housing, etc.)* 47 West Street, Boston, MA 02111. 617-423-9575

Website: [www.bridgeotw.org](http://www.bridgeotw.org)

**Narcotics Anonymous** - *Support groups and sponsorship for individuals affected by addiction.* 1-866-624-3578

Websites: [www.na.org/](http://www.na.org/) New England Region: [www.nerna.org](http://www.nerna.org)

**Quitting Time (A program of South Shore Mental Health)** - *Outpatient addiction services and intensive evening program that provides an alternative to detox: **does not** accept Mass Health. **Does** accept BMC HealthNet and Neighborhood Health.*

859 Willard Street, Quincy, MA 02169. 617-847-1923 and/or 617-847-1978

Bay View - Intake #: 617-847-1909

## CLOTHING



**Emmanuel Episcopal Parish - Kids Clothes Closet** - *Fill a bag for two dollars.*

Hours: Thursdays only from 12:30-2:30pm and 7:00-9:00pm.

519 Washington Street, Braintree, MA 02184. 781-848-6724. Church #: 781-843-0170.

Closed June - August for Summer.



## CLOTHING, (continued)

**Children's Clothing Pantry** (Covenant Church of Quincy) - *Free clothes and assorted toys to anyone in need (Infants-Teens).* Hours: Wednesday and Friday 9am-11:30am and first Saturday of the month from 9.30am to 12pm.

315 Whitwell Street, Quincy, MA 02169 (Corner of Granite St.) 617-479-5728

**Interfaith Social Services - Career Closet** - *Provides interview clothing for adults. Must be referred by an agency.* 105 Adams Street, Quincy, MA 02169. 617-773-6203 ext 19

**Wellspring Multi Service Center** - *Low cost children's clothing and house hold items.*

814 Nantasket Avenue, Hull, MA 02045. Call 781-925-3211 or visit website for hours of operation. Website: [www.wellspringhull.org](http://www.wellspringhull.org)

## COMMUNITY CENTERS

**Braintree Community Youth Center** - *Mission is to provide a fun and safe place for Braintree youth grades 6-12.*

74 Pond Street, Braintree, MA 02184. 781-228-5361

**Boston Chinatown Neighborhood Center-Youth Center** provides year round youth development programs for 13-18 year olds. 275 Hancock St., Suite 200, Quincy, 02171

Telephone: 617-770-0091 [www.bcnc.net](http://www.bcnc.net)

**Fore River Clubhouse (Ward II)** - *YMCA afterschool programs, senior activities.*

Contact Person: City of Quincy Department of Recreation.

16 Nevada Road, Quincy, MA 02169. 617-376-1394

**Germantown Neighborhood Center** - Afterschool program Contact person: Kathy Quigley.

Hours: 8am - 5pm. 366 Palmer Street, Quincy, MA 02169. 617-376-1384.

**Hough's Neck Community Center** - *Pick up calendar for monthly activities at the*

*Community Center.* Contact Person: Cynthia Lewis. 1193 Sea Street, Quincy, MA 02169.

617-376-1385. [www.houghsneck.org](http://www.houghsneck.org)

**North Quincy Community Center** - *Senior citizen activities, and YMCA after school program.* Contact Person: Steve Buckley.

381 Hancock Street, Quincy, MA 02171. 617-376-1381

## **COUNSELING & MENTAL HEALTH SERVICES**

**Bay State Community Services, Inc.** - *Outpatient mental health services.*

1120 Hancock St Quincy, MA 02169. 617-471-8400 Website: [www.baystatecs.org](http://www.baystatecs.org)

**Child Witness to Violence Project** - *Counseling for children who have witnessed violence, especially family violence. Ages 0-8 years old.* Boston Medical Center - 617-414-4522 (for free services). 617-414-4075 (for emergency). 617-638-8000 (Operator)

Website: [www.childwitnessstoviolence.org](http://www.childwitnessstoviolence.org)

**Children's Charter Trauma Clinic** - *A clinic for victims of trauma and their families.*

*Therapy, groups and evaluations available.* 77 Rumford Avenue, Waltham, MA 02453.

Phone: 781-894-4307 / Fax: 781-894-1195

### **Department of Mental Health**

**Central Office** - 25 Staniford Street, Boston, MA 02114. 617-626-8000

Emergency #: 1-800-221-0053. Hours: Monday - Friday 9am -5pm

**Quincy Mental Health Center** - 460 Quincy Avenue, Quincy, MA 02169. 617-626-9000

**S.S. Mental Health Center:** 617-774-6036 /Emergency #: 1-800-528-4890

**Mass. Behavior Health Partnership:** 1-800-495-0086. Website: [www.masspartnership.com](http://www.masspartnership.com)

**Family Service of Greater Boston** - *Outpatient mental health services. Home-based*

*services and parenting classes.* 31 Heath Street, Jamaica Plain, MA 02130. 617-523-6400

Website: [www.fsgb.org](http://www.fsgb.org)

**Good Grief Program** (A program of Boston Medical Center) - *Training about children and grief; books, videos and other resources and workshop for crisis intervention.*

617-414-4005 / Emergency #: 617-921-4008

**Interfaith Social Services** - *Counseling and support services to individuals and families.*

105 Adams Street, Quincy, MA 02169. Hours: Mon-Fri 8am-3pm. 617-773-6203

Website: [www.interfaithsocialservices.org](http://www.interfaithsocialservices.org)

**Massachusetts Society for the Prevention of Cruelty to Children (MSPCC)** - *Outpatient mental health services.* 399 Boylston St, Boston, MA 02116. 617-587-1500

Website: [www.mspcc.org](http://www.mspcc.org)

## **COUNSELING & MENTAL HEALTH SERVICES, (continued)**

**Parents Helping Parents-** A support environment where parents can express frustrations and concerns about their children and get advice from other parents that understand. Quincy Family Resource Center, 1120 Hancock St., Quincy, MA 02169 617-481-7227.

**Postpartum Support International (PSI)** - *Information for new parents and referrals to local providers and support groups.* 1-866-472-1897  
Website: [www.postpartum.net](http://www.postpartum.net)

**Project We Can Talk About It** (A program of Children's Charter Trauma Clinic) - *Specialized mental health services for children who have witnessed traumatic violence/domestic violence.* 77 Rumford Avenue, Waltham, MA 02453. 781-894-4307

**Samaritans** - *Suicide prevention crisis line* - Open 24 hours.  
617-247-0220 / Toll free #: 1-877-870-4673. Website: [www.samaritanshope.org](http://www.samaritanshope.org)

**South Bay Mental Health Center** - *Outpatient child, adult and family treatment.* 541 Main Street #317, Weymouth, MA 02191. 781-331-7866 / Intake: 1-800-244-4691  
Website: [www.southbaymentalhealth.com](http://www.southbaymentalhealth.com)

**South Shore Mental Health** - *Outpatient child, adult and family treatment. Child/adult crisis services, psychiatric evaluation and medication management. Day treatment services. Services for developmentally delayed adults and hearing impaired individuals.*

**Administrative Office** - 500 Victory Road, Quincy, MA 02171. 617-847-1950

**BayView Associates** - 859 Willard Street, Quincy, MA 02169. 617-847-1950

**Intake/Referral Line:** 617-847-1914. **Bully Busters Line:** 1-800-852-2844

Website: [www.ssmh.org](http://www.ssmh.org)

**Quincy Family Resource Center-** Helps families access and navigate resources in the local community. On-site services to help support and benefit families.

1120 Hancock St., Quincy, MA 02169 Telephone: 617-481-7227

Website: [www.QuincyFamilyRC.org](http://www.QuincyFamilyRC.org)

**Work, Inc.** - *provides a wide range of services for individuals with disabilities for our community. Accommodate the needs of anyone who requires employment services, housing or day habilitation. Some of the services includes: Residential Services, Strides Day Habilitation, PASSWORKS Project, Employment Services, Deaf Services, Family Support Services, etc.* 25 Beach Street, Dorchester, MA 02122. 617-691-1500.

Website: [www.workinc.org](http://www.workinc.org)

## Dental Care Providers Accepting Mass Health

Find a Doctor <https://masshealth.ehs.state.ma.us/providerdirectory/>

<b>Town</b>	<b>Office</b>	<b>Address</b>	<b>Phone Number</b>	<b>Mass Health</b>	<b>Affiliated Offices</b>
Braintree	Dr George Salem DMD & Associates	60 Adams St.	781- 843-0660	Yes	No
Braintree	Dr Dental	292 Grove St.	781-353-6030	Yes	No
Quincy	Lux Dental	505 Washington St.	617-639-5942	Yes	No
Quincy	Wollaston Dental Care	688 Hancock St.	617-984-5888	Yes	No
Quincy	Excel Family Dental	1261 Furnace Brook Pkwy Suite 24	617-471-6972	Yes	No
Quincy	Quincy Family Dental	157 Washington St.	617-479-7625	Yes	No
Quincy	Mai Linh Tran	495 Sea St.	617-847-1400	Yes	No
Quincy	South Cove Community Health	435 Hancock St.	617-745-0280	Yes	No
Quincy	Ervant Serposso Dental	1084 Sea St.	617-479-1837	Yes	No
Quincy	Quincy Pediatric Dental	111 Willard St. Ste 2D	617-471-2184	Yes	No
Weymouth	South Shore Pediatric	5 Federal St.	781-340-5437	Yes	No
Weymouth	Horizon Dental	312 Bridge St.	781-337-0500	Yes	No
Weymouth	Nicholas Manganaro	129 Pleasant St.	781-337-2045	Yes	No
Weymouth	Metri & Boulos Dental	83 Broad St.	781-335-2250	Yes	No

Quincy/Braintree Family Network does not endorse any of the dental offices listed



## DOMESTIC VIOLENCE

**Asian Task Force Against Domestic Violence** - *Asian women a priority, but will accept other families. Based in Lowell but covers the entire state.*

P.O. Box 120108, Boston, MA 02112

Business Line: 617-338-2350 / Crisis Line: 617-338-2355 - 24 Hours

Website: [www.atask.org](http://www.atask.org)

**Battered Women's Hotline** - *Referrals, peer, support, information on location and availability of shelters. 1-800-799-7233 - 24 Hours*

**Dianne DeVanna Center** - *Support groups and services for children and families affected by domestic violence/abuse. 74 Pond Street, Braintree, MA 02184. 781-843-7010*

Website: [www.devannacenter.org](http://www.devannacenter.org)

**DOVE** - *Transitional housing and advocacy for women and their children affected by domestic violence. Quincy, MA 02169. Toll free: 1-888-314-3683*

Crisis Line: 617-471-1234. Family Services Center: 617-770-4065.

Website: [www.dovema.org](http://www.dovema.org)

**Emerge Program Abuser Education** - *Batterers' treatment programs. Groups and individual support provided.*

2464 Massachusetts Avenue #101, Cambridge, MA 02140. 617-547-9879

Website: [www.emergedv.com](http://www.emergedv.com)

**Family Law Project for Battered Women** - *Referral network for pro-bono attorneys for cases concerning custody, visitation, paternity, restraining orders, divorce, etc.*

18 Tremont St #730, Boston, MA 02108

Intake: 617-589-9420

**Safelink Domestic Violence State Hotline** - *Crisis support, referral information, links to all domestic violence shelters within MA. Multilingual in 140 languages. Free. 24 Hours.*

1-877-785-2020. Website: [www.janedoe.org](http://www.janedoe.org)

**South Shore Women's Resource Center** - *Resources center for domestic violence, referral services for abused women for assistance, support, counseling, and domestic violence shelter placement.*

Crisis Line: 1-888-746-2664 Website: [www.thesswrc.org](http://www.thesswrc.org)

## EARLY INTERVENTION PROGRAMS

*Early Intervention programs evaluate and serve children from birth to age three born with prematurity, disabilities or who show symptoms of delay; they also offer integrated play groups for children and support services to families. EI accepts referrals from health care professionals and families concerned about their child's development.*

**First Early Intervention Program** - *For Weymouth, Braintree and Hull residents.*  
574 Main Street, South Weymouth, MA 02190. 781-331-2533

**South Cove Early Intervention Program** - *Chinese language services available.*  
145 South Street, Boston, MA 02111. 617-521-6730

**Step One Early Intervention** - *For Quincy and Milton residents. Chinese, Vietnamese, French Creole, Portuguese, and Spanish language services available.* Toddler Enrichment Program: Morning and afternoon playgroups for toddlers (18 months to 36 months).  
500 Victory Road, Quincy, MA 02171. 617-774-1040

## ELDER SERVICES

**ABCD Foster Grandparent Program** - *Places active elders in work settings with children; provides a weekly stipend and meals.* 19 Temple Place 2<sup>nd</sup> Floor, Boston MA 02111.  
617-348-6340

**Asian American Services Association** - *Offers seniors programs.*  
550 Hancock Street, Quincy, MA 02170. 617-471-9354

**Braintree Council on Aging** - 71 Cleveland Avenue, Braintree, MA 02184. 781-848-1963

**Elder Abuse Hotline** - *To report neglect or financial, psychological or physical abuse of people ages 60 years old or older; counseling and referral services.* 1-800-922-2275

**Quincy Council on Aging** - *Services and activities for Quincy elderly residents.*  
440 East Squantum Street, Quincy, MA 02171. 617-376-1506

**Hull Council on Aging (Anne Scully Senior Center)** - Director: Barbara Lawlor  
197A Samoset Avenue, Hull, MA 02045. 781-925-1239

## **ELDER SERVICES, (continued)**

**South Shore Elder Services** - *Ombudsmen services, hot meals, home care, transportation for specific medical visits and caregivers support.*

1515 Washington Street, Braintree, MA 02184. 781-848-3910

Website: [www.sselder.org](http://www.sselder.org)

**Weymouth Council on Aging** - *Services and activities to Weymouth elderly residents.*

McColloch Building - 182 Green Street, Weymouth, MA 02191. 781-682-6140

## **EMPLOYMENT & JOB TRAINING**

**Career Development Center from Quincy Housing Authority** - *Computer and professional development training programs to support Quincy Housing Authority residents to become economically self-sufficient.* 80 Clay Street, Quincy, MA 02170. 617-847-4351

**Financial REACH Center** - Financial education and coaching, including money management and credit counseling and repair. Career coaching including resume writing, mock interviews, and job search and placement.

1509 Hancock Street, 2<sup>nd</sup> floor, Quincy, MA 02169 Phone: 617-479-8181 x355

**Quincy Career Center** - *Employment and career counseling, resume and interviewing workshops, and unemployment services.* 152 Parkingway, Quincy, MA 02169. 617-745-4000

**Training Resources of America Inc.** - *Job training and education program.*

1458 Hancock Street Suite #200, Quincy, MA 02169. 617-773-1470 Fax: 617-773-1469

Website: [www.tra-inc.org](http://www.tra-inc.org)

**Work, Inc.** - *provides a wide range of services for individuals with disabilities for our community. Accommodate the needs of anyone who requires employment services, housing or day habilitation. Some of the services includes: Residential Services, Strides Day Habilitation, PASSWORKS Project, Employment Services, Deaf Services, Family Support Services, etc.* 25 Beach Street, Dorchester, MA 02122. 617-691-1500.

Website: [www.workinc.org](http://www.workinc.org)



## **EXPECTANT FAMILIES**

**Blue Hills Healthy Families (Health Imperatives)** - *Home visiting program for first time parents under the age of 20 years old.*

210 Winter Street Suite #204, Weymouth, MA 02188. 781-335-1455

**Boot Camp for New Dads** - *Veteran Dads and their babies meet with Rookie dads to prepare them for the joy and challenges of the baby-father relationship.* 508-427-3712

**Children's Trust Fund** - *Referrals to local parent educational groups, parents, family support groups and home visiting programs; free material on preventing child abuse and neglect, father initiatives family centered.* 55 Court Street 4<sup>th</sup> FL, Boston, MA 02108  
617-727-8957. Website: [www.mctf.org](http://www.mctf.org)

**Friends of Unborn** - *Offers shelter for homeless, pregnant women as well as pregnancy counseling. Free pregnancy testing. Only offers resource for continuing a pregnancy to term.* P.O. Box 692246, Quincy, MA 02269. 617-786-7903

Website: [www.friendsoftheunborn.org](http://www.friendsoftheunborn.org)

**Harvard Vanguard Medical Associates** - *Offers variety of classes, such as: Breastfeeding classes; Pediatric CPR Classes; Babysitting Training and Home Alone Program.*

111 Grossman Drive, Braintree, MA 02184. 617-774-0831.

Website: [www.harvardvanguard.org](http://www.harvardvanguard.org)

**La Leche League, International** - *Telephone counseling on breastfeeding, new mother's groups, and breast pump information.* Hours: 9am - 5pm. 1-800-525-3243

Central: 1-877-452-5324 - 24 Hours. Website: [www.llli.org](http://www.llli.org)

**New Mother's Support Group** - *Open to all first time moms and babies under the age of one. A place to talk about the joys and challenges of motherhood. Cost free.*

Beth Israel Deaconess Hospital Milton, 199 Reedsdale Road, Milton, MA 02186.

Contact Christine Sweeney at [csweeney@bidmc.harvard.edu](mailto:csweeney@bidmc.harvard.edu) Phone: 617-667-2229.



## **EXPECTANT FAMILIES, (continued)**

**Nursing Mothers' Council** (Boston Association for Childbirth Education) - *Breastfeeding counseling and rental of pumps and other assistance.* 617-244-5102

Website: [www.bace-nmc.org](http://www.bace-nmc.org)

**Parent to Parent Program** (Quincy Commission on the Family) - *A free home visit is offered to any family in the City of Quincy with a newborn age 0-6 months. Resource guide for parents, gift for siblings, and gift bag for baby.*

617-689-8352

**Planned Parenthood** - *Confidential pregnancy testing; reproductive health services and information.* 1-800-230-7526. Website: [www.plannedparenthood.org/ma](http://www.plannedparenthood.org/ma)

**Postpartum Support International (PSI)** - *Information for new parents and referrals to local providers and support groups.* 1-866-944-4773

Website: [www.postpartum.net](http://www.postpartum.net)

**WIC Nutrition Program** - *Provide nutrition foods and health education for pregnant women and children age 5 and under. Must be MA resident and meet WIC income guidelines.*

**Quincy Medical Center** (Main Office) 121 Whitwell St, Quincy, MA 02169. 617-376-8701

**North Quincy** - 88 Holmes Street. 617-318-3219

**Weymouth** - 24 Athens Street. 781-337-5920

**Randolph** - 19 North Main Street. 781-961-4206

For an office near you, call 617-376-4190 or Toll free: 1-800-WIC-1007

Website: [www.mass.gov/wic](http://www.mass.gov/wic)

**Young Parents Support** (Health Imperatives) - *Offer support for young parents 26 years old and under, pregnant and parenting.*

210 Winter Street Suite #204, Weymouth, MA 02188. 781-335-1455

## FAMILY GUIDANCE & SUPPORT

**Adoptive Families Together (AFT)** - *Offers support groups and training to families with adopted children.* 3815 Washington Street, Suite 2, Boston, MA 02130. 857-728-2157 (for Lori Baeumler), LBAEUMLER@MSPCC.ORG.

Website: [www.mspcc.org/aft](http://www.mspcc.org/aft)

**Big Brother/Big Sister of Massachusetts Bay** - *Mentoring program for children, between ages 7-15 years old.*

**Big Brother Main Office:** 75 Federal Street 8<sup>th</sup> FL, Boston, MA 02110. 617-542-9090

**Big Sister Main Office:** 20 Park Plaza Suite 1420, Boston, MA 02116. 617-236-8060

**Boston Chinatown Neighborhood Center (BCNC)** - *Helps families access the resources and services available to them.* [www.bcnc.net](http://www.bcnc.net)

275 Hancock Street, Suite 200, Quincy, MA 02171. 617-635-5129

**Braintree Community Youth Center** - *Mission is to provide a fun and safe place for Braintree youth grades 6-12.* 74 Pond St., Braintree, MA 02184. 781-228-5361

**Children's Trust Fund** - *Referrals to local parent educational groups, parents, family support groups and home visiting programs; free material on preventing child abuse and neglect, father initiatives family centered.* 55 Court Street 4<sup>th</sup> FL, Boston, MA 02108 617-727-8957. Website: [www.childrenstrustma.org](http://www.childrenstrustma.org)

**Department of Children and Families** (previously Department of Social Services)

600 Washington Street, Boston MA 02111. 617-748-2000

Website: [www.mass.gov/dcf](http://www.mass.gov/dcf)

**Families First Parenting Programs** - *Provides workshops to families and professionals on a variety of topics to strengthen families.* Hours: 9:00am - 5:30pm.

9 Galen Street, Suite 400, Watertown, MA 02472. 617-868-7687

Website: [www.families-first.org](http://www.families-first.org)

**Germantown Neighborhood Center (Multi Service Center)** - *Women education and support groups.* Hours: Monday to Friday: 8am - 4pm.

366 Palmer Street, Quincy, MA 02169 617-376-1384

**Grandparents Raising Grandchildren** (Executive Office of Elder Affairs) - *Referrals to support groups for grandparents raising their grandchildren; free resource directory.*

600 Washington Street, 6<sup>th</sup> Floor, Boston, MA 02108. 617-748-2454

<http://www.massgrg.com/>

## FAMILY GUIDANCE AND SUPPORT (continued)

**Hull Family Network** (Hull Public Schools) - *Free programs for Hull families with children from birth to 4 years old.* 180 Harborview Road Suite #2, Hull, MA 02045.  
781-925-4400 ext. 1108

**Keeping Pace With Multiple Miracles** - *A support group for parents who are expecting or have multiples throughout Massachusetts and New Hampshire. Also has a store selling gently used clothing and baby equipments.* 194 S. Main St, W. Bridgewater, MA 02379  
508-559-0040. Website: [www.keepingpace.org](http://www.keepingpace.org)

**Old Colony Music Together** - *Music classes for young children; see website for schedule.*  
507 Furnace Brook Parkway, Quincy MA, 02170. 508-222-3321.  
Website: [www.oldcolonymusictogether.com](http://www.oldcolonymusictogether.com)

**Parental Stress Line** (Parents helping Parents) - *Provides 24 hour telephone counseling for young adults and parents. They listen to any family or personal difficulty and help callers sort out their options.* 108 Water Street, Watertown, MA 02472.  
1-800-632-8188 or 617-926-5008. Website: [www.parentshelpingparents.org](http://www.parentshelpingparents.org)

**Parent to Parent Home Visiting Program** (Quincy Commission on the Family)- *A free home visit is offered to any family in the City of Quincy with a newborn age 0-6 months. Visit includes a basket with hand-made blanket and filled with baby items.* Quincy, MA.  
617-689-8352

**Parent Child Home Program** (Quincy Commission on the Family) - *An early childhood literacy program. Home visitors bring carefully selected toys and books, as they work with parents and children to help prepare them for academic success. Eligibility requirements for Quincy residents only.* 617-376-1108

**Parents Helping Parents** - see Quincy Family Resource Center page 5.

**Project Connect** (A program of the MSPCC) - *Offers a support group for families who have a child with severe emotional or behavioral problems. Also provide resource planning individualized to specific needs of child and family.*  
3815 Washington Street Suite 2, Boston, MA 02130. 617-983-5800

**Quincy/Braintree Family Network** - *Free programs for Quincy and Braintree families with young children - playgroups, parents education, family events.*  
1509 Hancock Street 3<sup>rd</sup> FL, Quincy, MA 02169. Contact Joan jrodeck@qcap.org

## FAMILY GUIDANCE and SUPPORT (continued)

**Quincy Public Schools McKinney Vento/Pregnant and Parenting Students Liaison - Educational Services for Homeless Families.** Contact Leslie Bridson Contact: 617-376-1197.

**Step One Early Intervention:** Toddler Enrichment Program: Morning and afternoon playgroups (2 ½ hrs.) for toddlers 18 months to 36 months. Opportunity for toddlers to play and learn. Child may attend with or without parent. Group includes art, gym, music, stories and snack. Fee: \$8.00/hr. For more information call 617-774-1040.  
16 Moon Island Road. Squantum neighborhood of Quincy, MA 02171.

**Weymouth Family Network (Johnson Early Childhood Center) - Free programs for Weymouth families with children.** 70 Pearl Street, Weymouth, MA 02191. 781-340-6098

**Weymouth Youth and Family Services - Family Support, recreation and Teen Center.** Activities planned by teens for teens five nights a week. Year around emergency supports with food and clothing. Holiday and utility assistant program for Weymouth residents.  
1393 Pleasant Street, Weymouth, MA 02189.  
Office: 781-331-1719 or 781-682-6124. Teen Center: 781-335-9713

**Young Parents Initiative of Blue Hills Healthy Families - (Massachusetts Children's Trust Fund) - Home visiting program for first time parents for age 20 years old and under.**  
210 Winter Street Suite #204, Weymouth, MA 02188. 781-335-1455

### FURNITURE

**Friends of the Homeless of the South Shore - Household furniture, dishes, towels, etc. for anyone who needs it. Must pick up with your own car. Call for appointment.** Sea Street #48, Weymouth, MA 02191. 781-340-1604



**My Brother's Keeper - Will deliver furniture to families.** Stoughton, MA 02072  
General Line: 508-238-4416 / Christmas Assistance: 508-238-2562 (Sept. - Dec. only)  
Website: [www.mybrotherskeeper.org](http://www.mybrotherskeeper.org)

**Society of St. Vincent de Paul - Will deliver furniture to families from Dorchester to Taunton and pick up donations.** 18 Canton Street, Stoughton, MA 02072  
Hours: Monday-Friday 10am - 6pm Saturday 10am - 5pm. 1-800-675-2882 or 781-344-3100

## HEALTH CONTACTS

**American Association of Poison Control Centers** - *Emergency advice about posions and information on poison.* 1-800-222-1222

**American Cancer Society** - *Referral process and cancer info. Information on screening, resources for diagnostic services, free examination, resources for prevention, as well as provider volunteer for transportation to appointments, depending on availability.*

24 Hours Hotline: 1-800-ACS-2345. Website: [www.cancer.org](http://www.cancer.org)

**Blue Hills Healthy Families** (Massachusetts Children's Trust Fund) - *Home visiting program for first time parents for age 20 years old and under.*

210 Winter Street Suite #204, Weymouth, MA 02188. 781-335-1455

**Braintree Health Department** (Braintree Town Hall)

1 JFK Memorial Drive, Braintree MA 02184 781-794-8090

**Cerebral Palsy of MA** - 600 Technology Center Drive, Stoughton MA 02072

800-924-7570 or Toll Free: 877-479-7577. Website: [www.masscp.org](http://www.masscp.org)

**Children's Lead Poisoning Prevention Program (CLPPP)** - *Information about lead laws and consumer rights; referrals for lead screenings, inspection and de-leading programs.*

1-800-532-9571

**Health Care for All** (Hospitals and Community Health Centers) - *Application for free care and health advocacy available. Must call between 9am - 5pm.*

One Federal Street, Boston MA 02110. 617-350-7279 or 1-800-272-4232

Website: [www.hcfama.org](http://www.hcfama.org)

**La Leche League, International** - *Telephone counseling on breastfeeding, new mothers' groups, and breast pump information. Hours: 9am - 5pm.* 1-800-525-3243

Central: 1-877-452-5324 - 24 Hours. Website: [www.llli.org](http://www.llli.org)

**Manet Community Health Centers** Website: [www.manetchc.org](http://www.manetchc.org)

**Houghs Neck** - 1193 Sea Street, Quincy, MA 02169. 617-471-8683

**Hull** - 180 George Washington Blvd, Hull, MA 02045. 781-925-4550

**Snug Harbor** - 9 Bicknell Street, Quincy, MA 02169. 617-471-4715

**North Quincy** - 110 West Squantum Street, Quincy, MA 02169. 617-376-3000

## Health Contacts, (continued)

**Mass Health (Service Center)** - *Health insurance for low-income families and their children.* 1-800-841-2900

**March of Dimes MA Chapter** - *Information/Advocacy for families with children who are premature or have special needs at birth*  
112 Turnpike Road Suite #300, Westborough, MA 01581. 508-366-9066

**Milton Board of Health** - 525 Canton Avenue, Milton, MA 02186. 617-898-4886

**Neponset Health Center** - 398 Neponset Avenue, Dorchester, MA 02122. 617-282-3200

**Nursing Mothers' Council** - *Breastfeeding counseling and rental of pumps and other assistance.* Phone: 617-244-5102 Website: [www.bace-nmc.org](http://www.bace-nmc.org)

**Planned Parenthood** - *Confidential pregnancy testing; reproductive health services and information.* 1-800-258-4448. Website: [www.plannedparenthood.org/ma](http://www.plannedparenthood.org/ma)

**Quincy Health Department** - 440 East Squantum Street, Quincy, MA 02171  
Hours: Monday - Friday 8:30am - 4:30pm.  
Contact person: Andrew Scheele / Email: [ascheele@quincyma.gov](mailto:ascheele@quincyma.gov) Phone: 617-376-1272

### **South Cove Community Health Center**

**Central Office:** 885 Washington Street, Boston, MA 02111. 617-482-7555

**Quincy Office:** 435 Hancock Street, Quincy, MA 02171. 617-318-3300

### **South Shore Visiting Nurse Association & Hospice**

30 Reservoir Park Drive, Rockland MA 02370. 781-624-7070

**Smokers Quitline** - *Counseling and referrals to local smoking cessation programs.*  
1-800-QUITNOW (1-800-784-8669) / Bilingual Line: 1-855-335-3569

**Weymouth Board of Health (Town Hall)** - 75 Middle Street, Weymouth, MA 02189  
781-335-2000 ext. 1 and then ext. 5 or 781-340-5008

## HOLIDAY ASSISTANCE

**Christmas in the City** - *Call after December 1<sup>st</sup> for holiday assistance.* Boston, MA.  
617-542-6611

**Quincy Crisis Center** - *Emergency food delivery for holiday meals; must call for food, no pick up at site allow.* 617-471-7075  
[www.sangercenter.org](http://www.sangercenter.org)

**Salvation Army - Quincy** - *Special efforts are made to assist individuals and families during the Holiday season with food baskets, toys, and winter clothing.*  
6 Baxter Street, Quincy, MA 02169. 617-472-2345

**Southwest Community Center** - *holiday assistance for meals and toys. Please call for more details.* 1 Copeland Street, Quincy, MA 02169. 617-471-0796

## HOSPITALS

**Beth Israel Deaconess Medical Center** - 330 Brookline Avenue, Boston, MA 02215.  
617-667-7000. Website: [www.bidmc.org](http://www.bidmc.org)

**Boston Medical Center** - 1 Boston Medical Center Place, Boston, MA 02118. 617-638-8000  
Website: [www.bmc.org](http://www.bmc.org)

**Braintree Rehabilitation Hospital** - 250 Pond Street, Braintree, MA 02184. 781-348-2500  
Website: [www.healthsouthbraintree.com](http://www.healthsouthbraintree.com)

**Brigham and Women's Hospital** - 75 Francis Street, Boston, MA 02115. 617-732-5500  
Website: [www.brighamandwomens.org](http://www.brighamandwomens.org)

**Children's Hospital** - 300 Longwood Avenue, Boston, MA 02115. 617-355-6000.  
Website: [www.childrenshospital.org](http://www.childrenshospital.org)

**Mass General Hospital** - 55 Fruit Street, Boston, MA 02114. 617-726-2000  
Website: [www.massgeneral.org](http://www.massgeneral.org)

**Milton Hospital** - 199 Reedsdale Road, Milton, MA 02186. 617-696-4600.  
Physician Referral Service: 617-696-8809. Website: [www.bidmilton.org](http://www.bidmilton.org)

## HOSPITALS, (continued)

**Quincy Community Care Network** - Compass Urgent Care. 54 Miller St., Quincy. 617-481-3100 Hours: Monday-Friday 11am - 7 pm. Saturday 8am - 4pm.

Doctors Express Urgent Care. 485 Granite St., Braintree. 781-848-2273 Hours Monday-Friday 8am - 8pm. Saturday and Sunday 8am - 5pm.

Website: <https://www.steward.org/hospitals/quincy-community-care-network>

**South Shore Hospital** - 55 Fogg Road At Route 18, S. Weymouth, MA 02190. 781-624-8000

Website: [www.southshorehospital.org](http://www.southshorehospital.org)

**Tufts Medical Center & Floating Hospital for Children**

755 Washington Street, Boston, MA 02111. 617-636-8100

Website: [www.floatinghospital.org](http://www.floatinghospital.org)

## HOUSING & SHELTERS

**Braintree Housing Authority** - 25 Roosevelt Street, Braintree, MA 02184. 781-848-1484

**DOVE (Domestic Violence Ended)** - *Services to women and their children.*

P.O. Box 690267, Quincy, MA 02269. 617-471-1234 or 888-314-3683.

Website: [www.dovema.org](http://www.dovema.org)

**Father Bill's Place** - *Services all homeless adults. Must be over 18 years old. Length of stay depends on individual circumstances. Homeless shelter and transitional housing program.*

38 Broad Street, Quincy, MA 02169. 617-770-3314

Main Spring House - 54 N. Main Street, Brockton, MA 02301. 508-587-5441

Website: [www.helpfbms.org](http://www.helpfbms.org)

**Friends of the Unborn** - *Offers shelter for homeless, pregnant women as well as pregnancy counseling. Free pregnancy testing available.* P.O. Box 692246, Quincy, MA 02269

617-786-7903. Website: [www.friendsoftheunborn.org](http://www.friendsoftheunborn.org)

**Hull Housing Authority** - 6 Atlantic House Court, Hull, MA 02045. 781-925-4544

**Interfaith Social Services** - *Home Safe Program - Provides referrals and limited financial assistance for rental needs.* 105 Adams Street, Quincy, MA 02169. 617-773-6203

Website: [www.interfaithsocialservices.org](http://www.interfaithsocialservices.org)



## **HOUSING & SHELTERS, (continued)**

**Milton Housing Authority** - 65 Miller Avenue #1, Milton, MA 02186. 617-698-2169

Website: [www.miltonhousingauthority.com](http://www.miltonhousingauthority.com)

**QCAP's Housing Program** - *Comprehensive housing services for tenants, landlords, homeowners and homebuyers. Includes: affordable housing development and rental property management, first time homebuyer workshops, down payment assistance, housing counseling, and stabilization service for homeless and at-risk families, and emergency rent/mortgage assistances.* 1509 Hancock Street 3<sup>rd</sup> Floor, Quincy, MA 02169. 617-479-8181 ext. 376

Website: [www.qcap.org](http://www.qcap.org)

**Quincy Housing Authority** - 80 Clay Street, Quincy, MA 02170. 617-847-4351.

Hours: Monday - Friday 8:30am - 4:30pm. Website: [www.quincyha.phanetwork.com](http://www.quincyha.phanetwork.com)

**Quincy Mayor's Office of Constituent Affairs** (The City of Quincy Transitional Housing Program) - *Transitional housing for families with children in the Quincy Public Schools.* Quincy, MA 02169. 617-376-1500.

**South Shore Habitat for Humanity** - *Build houses for low income families through private funds if you are qualified.* Hours: Monday- Friday 9am - 4pm.

20 Mathewson Drive, Weymouth, MA 02189. 781-337-7744

Website: [www.sshabitat.org](http://www.sshabitat.org)

**Weymouth Housing Authority** - 402 Essex Street, Weymouth, MA 02188. 781-331-2323

## **LEGAL SERVICES & MEDIATION SERVICES**

**Bar Association of Norfolk County** - *Free monthly legal clinics. Referral services for attorneys.* 15 Cottage Avenue Suite #206, Quincy, MA 02169. 617-471-9693

Website: [www.norfolkbarassn.org](http://www.norfolkbarassn.org)

**Family Law Project for Battered Women** - *Referral network for pro-bono attorneys for cases concerning custody, visitation, paternity, divorce, etc.* Intake: 617-973-6666.

**Greater Boston Legal Services** - *Free civil representation to low income individuals.*

197 Friend Street, Boston, MA 02114. 617-371-1234 or 1-800-323-3205

Website: [www.gbls.org](http://www.gbls.org)

## **LEGAL SERVICES & MEDIATION SERVICES, (continued)**

**Legal Advocacy and Resource Center** - *Free and reduced fee legal services. Can only help US Citizens or individuals with a Green Card.* 617-603-1705.

Website: [www.larcma.org](http://www.larcma.org)

**Massachusetts Commission Against Discrimination** - *To report complaints about housing, maternity, and employment discrimination.* 1 Ashburton Place Room #601, Boston, MA 617-994-6000. Website: [www.mass.gov/mcad](http://www.mass.gov/mcad)

**Massachusetts Office of the Attorney General** - *Help for victims of violent crime and advice on consumer complaints.* 617-727-2200

**Mental Health Legal Advisors Committee** - Hours: Monday - Friday 9am - 5pm  
24 School Street Suite 804, Boston, MA 02108. 617-338-2345  
Website: [www.mhlac.org](http://www.mhlac.org)

**Office of Consumer Affairs** - *Provides advice and referrals regarding consumer complaints such as dealing with automobiles, landlord/tenant relations and mail order companies.*  
10 Park Plaza Suite #5170, Boston, MA 02116. 617-973-8787. Hours: 9am - 4:30pm  
Website: [www.mass.gov/ocabr](http://www.mass.gov/ocabr)

**Sedna Law P.C. (Immigration Lawyers)** - *Free for consultation only.*  
245 First Street Suite 1800-18020113, Cambridge, MA 02142. 617-395-8333.  
Website: [www.sednalaw.com](http://www.sednalaw.com)

**The Massachusetts Child Support Enforcement/Mass Dept. of Revenue - DOR/CSE**  
100 Cambridge Street, Boston, MA 02114. 1-800-332-2733 or 617-660-1234  
Customer Service Bureau: P.O. Box 7057, Boston, MA 02204

**Volunteer Lawyers Project** - *Help with Supplemental Security Income (SSI) appeals and other cases. Must call LARC (Legal Advocacy and Resource Center) first for referral.*  
99 Chauncy Street Suite #400, Boston, MA 02111. Hours: Monday - Friday 9am - 5pm  
617-423-0648. Website: [www.vlpnet.org](http://www.vlpnet.org)



## **LIBRARIES**

**Braintree Thayer Library** - 798 Washington Street, Braintree, MA 02184. 781-848-0405  
Website: <http://www.thayerpubliclibrary.org/>

**Milton Public Library** - 476 Canton Avenue, Milton, MA 02186. 617-698-5757  
Website: <http://miltonlibrary.org/>

### **Quincy Public Library - Thomas Crane Public Libraries**

**Main Branch** - 40 Washington Street, Quincy, MA 02169. 617-376-1301

**Adams Shore Branch** - 519 Sea Street, Quincy, MA 02169. 617-376-1325

**Wollaston Branch** - 41 Beale Street, Quincy, MA 02170. 617-376-1330

**North Quincy Branch** - 381 Hancock Street, Quincy, MA 02171. 617-376-1320

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

### **Weymouth Public Library**

**Tufts Library** - 46 Broad Street, Weymouth, MA 02189. 781-337-1402

**Franklin Pratt Library** - 1400 Pleasant Street, E. Weymouth, MA 02189. 781-337-1677

**North Branch** - 220 North Street, N. Weymouth, MA 02191. 781-340-5036

Website: [www.weymouth.ma.us/library](http://www.weymouth.ma.us/library)

## **LOCAL SCHOOL SYSTEMS/ADMINISTRATIVE OFFICES**

**Braintree Public Schools** - 348 Pond Street, Braintree, MA 02184. 781-380-0130

**Hull Public Schools** - 180 Harborview Road, Hull, MA 02045 781-925-4400

**Milton Public Schools** - 25 Gile Road, Milton, MA 02186. 617-696-4478

**Quincy Public Schools** - 34 Coddington St., Quincy, MA 02169. 617-984-8700

**Weymouth Public Schools** - 111 Middle Street, Weymouth, MA 02189. 781-335-1460



## NUTRITION SERVICES

**Braintree Community Food Program** - *Open pantry for groceries, two Wednesdays a month 6:30-8:00pm, see calendar online. Proof of Braintree residency.*

First Baptist Church - 594 Washington Street, Braintree, MA 02184. 781-277-1609.

<http://www.braintreefoodpantry.org/>

**Germantown Neighborhood Center Pantry** (A program of South Shore YMCA) - *Must call for an appointment, and to check on food pantry hours.*

366 Palmer Street, Quincy, MA 02169. 617-376-1384

**Food Pantry at St. Thomas Moore Church** - *Must have an appointment and must call by noon on Wednesday mornings. Please ask for SVP volunteer. Hours: Wednesday 7pm - 8pm.*

Hawthorne Road, Braintree, MA 02184. 781-843-1980.

**Fore River Clubhouse** (Ward II) - *Open food pantry every first Wednesday of the month.*

Hours: 8:30am - 11am. 16 Nevada Road, Quincy, MA 02169. 617-472-9479

**Interfaith Social Services - The Pantry Shelf** - *Open pantry for groceries. Things required: Proof of current address, social security number, and form of ID for all household members, such as birth certificates.*

105 Adams Street, Quincy, MA 02169. 617-773-6203

<http://interfaithsocialservices.org/food/>

**The Marge Crispin Social Services Center** - *Supports residents of Braintree, MA in need of food and emergency aid. Proof of residency may be required to qualify for assistance.*

74 Pond St. Braintree, MA. 781-848-2124.

**Project Bread Food Source Hotline** - *To local food pantry and feeding programs in your community. 1-800-645-8333.*

**Quincy Crisis Center** - *Emergency food delivery hot meals, holiday meals. Must call for food; no pick up at site. P.O. Box 31 Quincy, MA 02170. 617-471-7075*

[http://www.sangercenter.org/Quincy\\_Crisis\\_Center.html](http://www.sangercenter.org/Quincy_Crisis_Center.html)

## **NUTRITION SERVICES, (continued)**

**QCAP's Emergency Food Center/Southwest Community Center** - *Monthly food order that include fresh, frozen, and non-perishable foods, holiday food orders, diapers, formula & toiletries as available. Must call for an appointment.* Hours: Monday, Tuesday, Thursday and Friday: 9am -4:30pm, Wednesday: 11am-6.30pm  
1 Copeland Street, Quincy, MA 02169. 617-471-0796

**Wellspring Multi-Service Center Food Pantry** - *Must have an appointment. Proof of Hull residency and ID are needed.* Hours: Monday, Wednesday and Friday 9:30am - 11:00am  
814 Nantasket Avenue, Hull, MA 02045. 781-925-3211  
Website: [www.wellspringhull.org](http://www.wellspringhull.org)

**Weymouth Food Pantry** - *Each family receives a 3-4 days emergency supply of groceries.*  
Hours: Tuesday and Thursday 9am - 11:30am and last Thursday of every month 9.30am-10.30am. 1203 Commercial Street, East Weymouth, MA 02189. 781-331-7682  
[www.weymouthfoodpantry.org](http://www.weymouthfoodpantry.org)

**WIC Nutrition Program** - *Provide nutrition foods and health education for pregnant women and children age 5 and under. Must be MA resident and meet WIC income guidelines.*

**Quincy Medical Center (Main Office)** 121 Whitwell St, Quincy, MA 02169. 617-376-8701

**North Quincy** - 88 Holmes Street. 617-318-3219

**Weymouth** - 24 Athens Street. 781-337-5920

**Randolph** - 19 North Main Street. 781-961-4206

For an office near you, call 617-376-4190 or Toll free: 1-800-WIC-1007

Website: [www.mass.gov/wic](http://www.mass.gov/wic)

## **SPECIAL NEEDS SERVICES FOR CHILDREN**

**Braintree Public Schools** - 348 Pond Street, Braintree, MA 02184  
Contact Person: Jeffrey Rubin. 781-848-4000 ext. 2264

**Braintree Rehabilitation Hospital Outpatient Clinic** - *Offers a variety of services for children including: occupational, physical and speech therapy.*  
781 Granite Street, Braintree, MA 02184. 781-380-4360

**Early Intervention Services** - For children birth through their third birthday.

- **First Early Intervention Program** - *For Weymouth, Braintree and Hull residents.*  
574 Main Street, South Weymouth, MA 02190. 781-331-2533
- **South Cove Early Intervention Program** - *Chinese language services available.*  
145 South Street, Boston, MA 02111. 617-521-6730
- **Step One Early Intervention** - *For Quincy and Milton residents. Chinese language services available.* 500 Victory Road, Quincy, MA 02171. Phone: 617-774-1040.

**Federation for Children with Special Needs** - *Offers a variety of services to parents and other concerns with children with special needs; provides information and referrals.*  
529 Main Street Suite #1M3, Boston, MA 02129. 617-236-7210. Website: [www.fcsn.org](http://www.fcsn.org)

**Hull Public Schools** - 180 Harborview Road, Hull, MA 02045  
Contact Person: Philippa Young. 781-925-4400 ext. 1121

**Milton Public Schools** - 25 Gile Road, Milton, MA 02186  
Contact Person: Lisa Corsini Huban. 617-696-5040 ext. 5572

**South Shore Therapies, Inc.** - *Offers a wide range of pediatric occupational, speech, sensory and other therapies.* 163 Libbey Parkway Suite #302, Weymouth, MA 02189  
781-335-6663. Website: [www.southshoretherapies.com](http://www.southshoretherapies.com)

**Quincy Public Schools** - 34 Coddington Street, Quincy, MA 02169  
Contact Person: Donna Cunningham. 617-984-8743

**Weymouth Public Schools** - 770 Middle Street, Weymouth, MA 02188  
Contact Person: Kathleen Factor. 781-335-7589 ext. 36314

**Work, Inc.** - *Family support and other services for individuals with disabilities .*  
25 Beach Street, Dorchester, MA 02122. 617-691-1500. Website: [www.workinc.org](http://www.workinc.org)

## STATE AGENCIES

**Department of Children and Families** (previously Department of Social Services)

600 Washington Street, Boston MA 02111. 617-748-2000 or 617-748-2400

Website: [www.mass.gov/dcf](http://www.mass.gov/dcf)

**Department of Developmental Services** - *Dedicated to creating, in partnership with others, innovative and genuine opportunities for individuals with intellectual disabilities to participate fully and meaningfully in, and contribute to, their communities as valued members.* 500 Harrison Avenue, Boston, MA 02118. 617-727-5608

**Department of Early Education and Care (EEC)** - *State agency that monitors and licenses child care programs.* 51 Sleeper Street 4<sup>th</sup> Floor, Boston, MA 02210.

617-988-6600

**Department of Mental Health** - *Emergency evaluations and treatment for persons having mental health crisis.* Central Office: 25 Stanford Street, Boston, MA 02114.

1-800-221-0053. Website: [www.mass.gov/dmh](http://www.mass.gov/dmh)

**Department of Revenue (DOR)** - *Mission to achieve maximum compliance with the tax, child support and municipal finance laws of the Commonwealth.* PO Box 7010, Boston, MA 02204.

For Tax Account: 617-887-6367 or 800-392-6089

For Child Support: 617-660-1234 or 800-332-2733

Website: [www.mass.gov/dor](http://www.mass.gov/dor)

**Department of Transition Assistant (DTA)** - *the Department of Transitional Assistance has 25 offices across the Commonwealth of Massachusetts. If you are not sure which office to contact or you have questions about how to apply for DTA programs, please contact our Application Information Hotline at 1-800-249-2007, Monday through Friday from 8:45 AM-5:PM*

**Brockton Office:** *Serves Randolph*

60 Main Street, Brockton, MA 02301. 508-895-7000

**Boston Office:** *Serves Boston*

600 Washington Street, Boston, MA 02111. 877-382-2363

**Plymouth Office:** *Serves Plymouth*

61 Industrial Park Road, Plymouth, MA 02360. 508-732-3100

**Quincy Office:** *Serves Quincy, Dedham, Dorchester (02122/02124), Milton, Norwood, Westwood, Braintree, Weymouth, Hingham, Hull, Cohasset, Norwell, Scituate, Squantum.*

1515 Hancock Street, Quincy MA. 617-249-8200 or 617-887-8765

## STATE AGENCIES, (continued)

**Social Security Office** - Hours: Monday - Friday 9am - 4pm.

1250 Hancock Street, Suite #210N, Quincy, MA 02169.

1-800-722-1213 Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)

**State Representative and Senators** - *Contact your local representatives about issues that concern you.*

Find your representative by Zip Code. <http://www.house.gov/representatives/find/>

## OTHER RESOURCES - MONEY MANAGEMENT

**Free Credit Report Information** (once a year)

**Equifax** - P.O. Box 740241, Atlanta, GA 30374-0241. 1-866-349-5191

Website: [www.equifax.com](http://www.equifax.com)

**Experian** (formerly TRW) - P.O. Box 4500, Allen, TX 75013-0949. 1-888-243-6951

Website: [www.experian.com](http://www.experian.com)

**Trans Union Corp.** - 2 Baldwin Place P.O. Box 1000, Chester, PA 19016. 1-800-888-4213

Website: [www.tuc.com](http://www.tuc.com)

**Free Tax Help at QCAP** - *Free income tax counseling and free e-filing of individual income tax returns (Federal and Massachusetts only). This service is provided by IRS certified volunteers and offered by appointment only; evenings and weekends from February through April 15<sup>th</sup>.* 1509 Hancock Street, Quincy, MA 02169. 617-479-8181 ext. 374

Website: [www.qcap.org](http://www.qcap.org)

**United Way (First call for Help)** - *Resources and referrals to programs and agencies to support any needs. 24 Hours.* 617-624-8000

**Money Management International** (Previously Consumer Credit Counseling Services)

101 Federal St # 1900, Boston, MA 02110. 1-866-226-0278

Website: [www.moneymanagement.org](http://www.moneymanagement.org) (More locations on website)

Free for Quincy Credit Union Members, to find out more info call 617-479-5558 or go on [www.qcu.org](http://www.qcu.org)

**Financial REACH Center**-*Financial education and coaching, including money management and credit counseling and repair. Career coaching, including resume writing, mock interviewing, and job search placement. Free tax preparation and EITC support. Services are free.* 1509 Hancock Street, 2<sup>nd</sup> floor, Quincy, MA 02169. 617-479-8181 x355