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Resources from Senator Markey's office in response to disruption in SNAP benefits:

[SNAP, Home Energy, and Health Insurance Resources](#)

Food Assistance Alerts and Updates: To learn more and stay up to date on SNAP benefit alerts, [click here](#).

Visit the Department of Transitional Assistance (DTA) Frequently Asked Questions (FAQ) page for more information regarding the Federal Shutdown and SNAP [here](#). To stay up to date with the Department of Public Health (DPH) Women, Infants, & Children Nutrition Program (WIC) Alert, [click here](#). For frequently asked questions about the Massachusetts Healthy Incentives Program (HIP) and to find HIP Vendors, [click here](#).

Mass 211 is a resource available 24/7 that connects callers to information about government benefits and critical health and human services available in their community. To learn more and get connected, [click here](#). For up-to-date shutdown

information on health care, immigration, housing, and more, see [MassLegalServices.org/Shutdown](https://www.masslegal.org/shutdown/).

Food Banks and Resources

In response to the SNAP Freeze, the Healey administration has set up [Mass.gov/SNAPFreeze](https://www.mass.gov/SNAPFreeze) It is a new Resource Hub with information on how families facing hunger can get help and ways for people and businesses to offer help It is alongside the Commonwealth of Massachusetts's [Food Bank Finder](#)

Project Bread's [FoodSource Hotline](#): 1-800-645-8333

If you are facing immediate hunger, you can call or text this hotline to receive information regarding food resources in your area or talk with a Project Bread Counselor. The Hotline includes 180 languages and is available Monday – Friday 8AM to 7PM and Saturday 10AM to 2PM

Feeding America's [Local Food Bank Locator](#)

Foodpantries.org's [list of Massachusetts food pantries](#)

FreeFood.org's list of [Massachusetts food pantries](#)

Homeless Shelter Directory's [list of food banks and soup kitchens](#)

Catholic Charities Boston: <https://www.ccab.org/>

Regional Food Resources

Boston Area Food

Resources: [BOS - Food Access and Food Assistance Resources](#)

Greater Boston

Food Bank: [GBFB.org/need-food](https://gbfb.org/need-food)

Food Bank of Western MA: [FoodbankWMA.org/get-help/](https://foodbankWMA.org/get-help/)

Worcester County

Food Bank: [Foodbank.org/find-food/](https://foodbank.org/find-food/)

Merrimack Valley

Food Bank: [MVFB.org/pantry-schedule](https://mvfb.org/pantry-schedule)

ABCD's [Food Access Centers](#)

Serving Boston, Malden, Medford, and Everett

The Salem Pantry: <https://thesalempantry.org/>

South Shore Food Bank: <https://www.southshorefoodbank.org/>

Damien's Food Pantry: <https://damiensfoodpantry.org/>

Serving the Southcoast

Nantucket Food Pantry: <https://www.assistnantucket.org/>

Martha's Vineyard Island Grown Initiative Food Pantry:

<http://islandfoodpantry.org/resources/>

The Family Pantry of Cape Cod: <https://www.thefamilypantry.com/>

Hockomock Area YMCA (Greater

North Attleborough and Franklin): <https://www.hockymca.org/food-access/>

Greater Fall River Community Food Pantry: <https://greaterfrcfoodpantry.org/>

Our Daily Bread (Greater Taunton): <https://tauntonsoupkitchen.org>

Health

Insurance

Massachusetts [Health Connector](#)

[Health Insurance Enrollment Page](#)

[Updates on changes to health insurance enrollment due to new federal policies](#)

Find your [local healthcare enrollment navigator](#)

[Health Care For All's](#) free hotline to help constituents navigate enrolling in

health insurance: 800-727-4232

[MassOptions](#)

Resources built to connect residents to health insurance, aging, and disability services

[Massachusetts Health Policy Commission](#)

Resources for public and private health insurance recipients, health care providers, and elder services

Are your health insurance premiums significantly increasing in 2026? [Share your story with our office by clicking here.](#)

Home Energy

The Massachusetts Department

of Public Utilities extended the statewide moratorium on utility shut-offs for low-income residents' gas and electric services, which began October 27, 2025 and goes until April 1, 2026. To receive this protection, you must provide

verification of financial hardship to your utility company. Visit the [Massachusetts Councils on Aging](#) for more information.

If your gas or electricity services are turned off, please reach out to our office for assistance. Beginning November 1, [Local Home Energy Assistance Program \(HEAP\) agencies](#) will have limited funding for heating emergencies only during the shutdown, as utility bill assistance will be frozen. You can still apply for the season to receive assistance once government funding resumes.

Salvation Army Utility & Rent Assistance:
<https://www.salvationarmyusa.org/utility-rent-assistance/>

National Energy & Utility Affordability Coalition (NEUAC) [Massachusetts Energy Resources](#)

MassBay Resources:

Textbook Fund-[SGA Textbook Fund | Massachusetts Bay Community College](#)

MassBay Supplemental Food Support Program- Spring 2026

<https://www.massbay.edu/snacc/food-resources>

MassBay Supplemental Transportation Support Program- Spring 2026

<https://www.massbay.edu/transportation>

MassBay Chromebook/HP laptop loaner program-

<https://www.massbay.edu/technologyloaner>

Remote Access to a computer lab via your Chromebook, with specialized software (Splashtop): <https://www.massbay.edu/helpdesk-login>

MassBay Meals By TBE Table- frozen meals prepared by Temple Beth Elohim for students experiencing food insecurity. Pick up on the Wellesley (Student Development) and Ashland campuses (main building).

To qualify for the program, students must meet with Case Manager and Resource Specialist, Marybeth Fletcher or Basic Needs Support Specialist, Jenny Cavallerano. Students can book a 15 minute appointment here:

[Marybeth's calendar](#)

[Book time with Cavallerano, Jenny](#)

In Wellesley, Pick up is available once a week, M-TH 9am-6pm and F, 9am-5pm. Students may receive up to 5 meals a week on their selected day after meeting with one of the case managers. Reusable freezer bags are available for evening students who have to pick up their meals before class.

<https://survey.alchemer.com/s3/6660774/MassBay-Meals-by-TBE-Table>.

In Ashland, sign up is required before pick up:

<https://survey.alchemer.com/s3/6660774/MassBay-Meals-by-TBE-Table>

Daniel's Table MassBay Framingham frozen meal program for students experiencing food insecurity (not having access to sufficient food, or food of an adequate quality to meet one's basic needs)-Students are required to schedule an appointment with the Resource Specialist, Marybeth Fletcher or Basic Need Coordinator, Jenny Cavallerano to qualify for the program.

Students can book a 15 minute appointment here:

[Marybeth's calendar](#)

[Book time with Cavallerano, Jenny](#)

Students will be asked to choose one day of the week they would like to pick up their weekly meals and a referral will be made to Student Services. The sign-up (QR code located on the front desk) must be completed once a week at time of pick-up. The Daniel's Table freezer is located on the 3rd floor of the Framingham campus in the Student Services suite. Please ask someone at the desk or in the suite to assist you. Meals are available M-Th 9am-6pm. The QR code to sign up for the meals is taped to the front desk or you can use the link below. **You must register for the meals weekly and pick up is limited to once a week.** Students may take a **family meal (serves 4)**- 1 protein pack, 2 packages of frozen vegetables, 1 box of rice or pasta (located in bin on top of freezer) and 1 quart size of soup or up to **5 individual meals** (protein, carb and vegetable) and pint size soup **per week**. Sign up here:

<https://survey.alchemer.com/s3/7126746/Dan>

Greater Boston Food Bank (GBFB) Mobile Market at MassBay- monthly (second Wednesday of the month) September through May

11:30am-12:30pm on the Wellesley campus outside in the courtyard behind the cafeteria.

12 noon-1pm on the Framingham campus outside the front doors.

12 noon-1pm on the Ashland campus in the main building.

Recipe ideas for Mobile Market produce: <https://clickncook.org/>

Snack bins- located on all three campuses sponsored by the SNAC Committee.

Parent Resource Closet-Baby bottles, wipes, baby shampoo, lactation supplies including hand held pumps. Located in room 430 on Wellesley campus. Please contact Lisa MacDonald for more information Imacdonald@massbay.edu

Childcare Assistance- Fall and Spring semesters
<https://www.massbay.edu/student/student-resources/childcare->

Free Period Products from Dignity Matters

Period protection (tampons and pads) for any student in need. Products available in bathrooms on all 3 campuses. Contact Marybeth Fletcher mletcher@massbay.edu or 781-239-2757 with any questions or for more products.

Free Personal Hygiene products from Hope and Comfort,

Needham-Shampoo, conditioner, hand cream, toothpaste, toothbrushes, floss, deodorant, and laundry detergent. These products can be picked up in the Office of Student Development (Office 130) on the Wellesley campus, Framingham and Ashland campuses.

Shuttle Service and Uber program

<https://www.massbay.edu/shuttle>

MassBay Free Counseling by licensed therapists- no waitlists

<https://www.massbay.edu/counseling>

Visit the MassBay Virtual Q&A Center- connect virtually with a member of our Support Squad through Webex <https://www.massbay.edu/ask>

Academic Advising- <https://www.massbay.edu/academics/advising/contact> and virtual Q&A Center- <https://www.massbay.edu/ask>

Tutoring and learning specialists- <https://www.massbay.edu/academics/aac>

Accessibility Resource Center- <https://www.massbay.edu/accessibility>

Academic Achievement Center-
<https://www.massbay.edu/academic-achievement-center>

MassBay Scholarships
<https://www.massbay.edu/finance/scholarships/current-student>

Financial Aid- <https://www.massbay.edu/financialaid>

TEMPO

One stop resource center for young adults under 25 years of age- help with food resources, transportation, health insurance, immigration fees, driver's ed fees, MBTA youth pass, laundry, showers, free counseling, career opportunities, legal services, LGBTQIA supports, domestic violence support
508-879-1424

1 Marion Rd Framingham

<https://www.waysideyouth.org/services/young-adult/tempo-young-adult-resource-center/>

Family Resource Center- resources for parents with children

<https://www.org/aboutus/ourservicesoverview/services/waysidemetrowest/framinghamfamilyresourcecenter/waysideyouth>

508-270-1220

Options Clubhouse- This is like Tempo but for anyone over 18 in Marlborough
<https://www.optionsclubhouse.org/> **508-485-5051**

ABCD Housing- Boston (Dept. Of Housing and Homelessness Prevention) and Malden, Medford, Everett (Mystic Valley Housing and Homelessness Prevention)
https://bostonabcd.org/service_categories/housing/

Transportation:

MassBay shuttle and Uber program

<https://www.massbay.edu/shuttle>

MWRTA

<https://www.mwrtta.com/>

MBTA- Income-Eligible Reduced Fares

<https://www.mbta.com/fares/reduced/income-eligible?os=0&ref=app>

TEMPO transportation/driver's ed. support

One stop resource center for young adults 17- 26 years of age

508-879-1424

1 Marion Rd Framingham

MBTA schedules

<https://www.mbta.com/schedules>

Income-Eligible Reduced Fare Program-

<https://www.mbta.com/fares/reduced/income-eligible>

Tommy's Taxi Framingham

<https://www.tommystaxicab.com/>

Assistance Programs for Massachusetts Residents:

<https://www.mass.gov/doc/assistance-programs-for-massachusetts-residents/download>

Child Care Resources and Referral Agencies

[Child Care Resource and Referral Agencies \(CCR&Rs\) | Mass.gov](#)

Childcare Financial Assistance

<https://www.mass.gov/guides/child-care-subsidy-management-and-ccfa>

Search and connect to supports

<https://www.findhelp.org/housing/help-pay-for-housing--framingham-ma?postal=01701&cursor=10&limit=10>

Office for Refugees and Immigrants Services

<https://www.mass.gov/info-details/list-of-ori-programs-and-services>

Food Resources:

Department of Transitional Assistance

SNAP (EBT cards)

<https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

SNAP-college students with an EFC (estimated family contribution of \$0, who receive a full Pell grant or are eligible for a work study even if they are not doing it) are eligible for SNAP

DTA Assist Line 877-382-2363

<https://www.mass.gov/snap-benefits-formerly-food-stamps>

Are students eligible for SNAP? <https://www.fns.usda.gov/snap/students>

HIP (Healthy Incentives Program)

<https://www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip>

LIHEAP (home heating and energy assistance)

<https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>

WIC- Supplemental Nutrition Program for Women

<https://www.fns.usda.gov/wic/about-wic-how-wic-helps>

300 Howard St Framingham

2201 Washington St Roxbury

1010 Mass Ave Boston

Food and economic assistance Mondays- Fridays 8-5pm

Case management, information and referrals

<https://www.mass.gov/orgs/departments-of-transitional-assistance>

Project Bread

The Food Source Hotline

[Projectbread.org/covid19](https://projectbread.org/covid19)

1800-645-8333

M-F 8am-7pm

Sat 10am-2pm

<https://www.projectbread.org/get-help/covid-19-hunger-food-resources-for-households>

10 minute SNAP application:

<https://gettingsnap.org/>

Greater Boston Food Bank- assistance with SNAP application

<https://www.gbfb.org/what-we-do/our-programs/snap/>

SNAP benefits and immigrants

<https://www.masslegalhelp.org/income-benefits/fsimmigrants>

Broadband discounts for individuals receiving SNAP:

<https://getemergencybroadband.org/do-i-qualify/>

WIC- Supplemental nutrition program for women

<https://www.fns.usda.gov/wic/about-wic-how-wic-helps>

Find food assistance, help paying bills and other free reduced cost programs

<https://www.findhelp.org/>

MA Good Neighbor Fund

<http://www.magoodneighbor.org/assistance.html>

Community Action Committee of Cape Cod- resources for residents of Cape Cod

<https://www.cacci.cc/resources/>

City of Boston home heating help for tenants

<https://www.boston.gov/departments/311/home-heating-help-tenants>

Joe-4-Sun

<https://citizensenergy.com/our-programs/joe-4-sun/massachusetts/>

Eversource Assistance

<https://www.eversource.com/content/residential/account-billing/payment-assistance>

Food Pantries:

Find a local food bank

<https://www.mass.gov/how-to/find-a-local-food-bank>

Ashland Food Pantry

<https://www.ashlandmass.com/440/Ashland-Food-Pantry>

162 W. Union St. Lower level

Call 508-532-7949 or email: humanservices@ashlandmass.com

Attleboro Food Pantry (Hebron Food Pantry)

<https://hebronfoodpantry.org/index.html>

Beverly

<https://beverlybootstraps.org/what-we-do/food-assistance-programs/>

Boston- Find Your Food Pantry

<https://www.gbfb.org/need-food/>

ABCD: https://bostonabcd.org/service_categories/food/

Boston-Fair Foods Inc.

\$2 bags of food distributed throughout Boston

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

Brookline Food Pantry

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

Burlington Food Pantry

<https://peoplehelpingpeopleinc.org/>

Cambridge- East End House

<https://eastendhouse.org/programs-and-services/food-program/>

Cambridge

<https://www.ceoccambridge.org/food-pantry>

Dedham Food Pantry

<https://dedhamfoodpantry.org/>

East Boston Community Soup Kitchen and resource support

Our Savior Lutheran Church

28 Paris St Boston

Free meals every Tuesday

Breakfast 8:15-11am

Lunch 12-2pm

Dinner 5-7pm

No residency restrictions or referrals needed

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

Framingham- Daniel's Table

508-239-6691

508-239-6690 (Spanish)

Register for to-go groceries for Framingham residents only

Wednesday evenings 4pm- 6pm (subject to change, check website or call first)

Fridays 1pm-3pm (subject to change, check website or call first)

56 Park St Framingham 508-405-0769

<https://danielstable.org/>

(Thanksgiving provisions available with preregistration in the fall)

Framingham- (BRACE) THE BRAZILIAN-AMERICAN CENTER

<https://brazilianamericancenter.org/servico/cesta-basica/>

English, Portuguese, and Spanish speakers are available to answer questions and register people.

Franklin Food Pantry

<https://www.franklinfoodpantry.org/>

Greater Boston Food Bank

[GBFB.org/need food](https://gbfb.org/need-food)

Referrals to meal programs, soup kitchens, Easter, Thanksgiving and Christmas food boxes

Holliston Food Pantry

<https://www.hollistonpantryshelf.org/to-receive-assistance>

Hopkinton- Project Just Because

Hopkinton residents only 508-435-6511

<http://projectjustbecause.org/programs/hopkinton-food-pantry/>

Thanksgiving baskets and Christmas gifts for children

Hudson Community Food Pantry

<https://hudsoncommunityfoodpantry.org/>

Hyde Park Food Pantry

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

Lawrence

Neighbors In Need: <https://needfood.org/>

Bread and Roses Kitchen: <https://breadandroseskitchen.org/>

YMCA: <https://mvyymca.org/pantry/>

Lazarus House: <https://lazarushouse.org/services/food/>

Salvation Army: <https://easternusa.salvationarmy.org/massachusetts/lawrence/>

Greater Lawrence Community Action Council: <https://www.glcac.org/>

Greater Lawrence Family Health Care: <https://glfhc.org/>

Leominster

<https://ginnyshelpinghand.org/food-pantry/>

Lowell area- Merrimack Valley Food Bank

Lowell area food pantries:

<https://mvfb.org/member-agencies/>

Lynn

https://www.lynnma.gov/city_government/departments/publichealth/resources/food_resources

Metrowest Food Collaboration

<https://www.metrowestfoodcollaborative.org/find-food-1>

Marlborough Community Cupboard

<https://www.uwotc.org/mcc>

Holiday sign up begins September

Maynard

<https://www.opentable.org/programs/>

Middleton Food Pantry <https://www.middletonma.gov/176/Food-Pantry>

Milford- Daily Bread Food Pantry

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

21 Exchange Street Milford

Serving Milford, Hopedale and Upton

Natick- A Place To Turn

99 Hartford St, Natick

<https://www.aplacetoturn-natick.org/>

Groceries, diapers, clothing, personal care items

508-655-8868

Proof of address needed (utility bill) or contact Marybeth Fletcher to confirm status at MassBay and bring your MB ID

Natick Service Council

508-655-1791

<https://natickservicecouncil.org/heart-healthy-food-pantry/>

<https://thenatickservicecouncil.org/>

Food pantry, seasonal and holiday program (for children 0-14) for Natick residents

Needham Community Council Food Pantry

<http://needhamcommunitycouncil.org/food-pantry/>

You must be a Needham resident and register for the food pantry to be eligible for Thanksgiving and Christmas meals.

New Bedford

<https://paceinfo.org/programs/food-bank/>

Newton Center Street Pantry

Serving residents of Brookline, Needham, Watertown, Wellesley

<https://www.centrestfoodpantry.org/get-groceries>

Newton Food Pantry

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

Newton Community Freedged

<https://newtonfoodpantry.org/get-involved/newton-freedged/>

Norfolk Country Food Pantry locations

<https://www.norfolkdeeds.org/norfolk-county-food-pantry-locations/>

Norwood Food Pantry

<https://www.norwoodpantry.org/event>

150 Chapel Street

781-291-3663

9am- 11:40am. New client sign-up on Saturdays

Registration and documentation of need required.

Pearl Street Cupboard Food Pantry

<https://www.uwotc.org/pearl>

46 Park St. Framingham

Hot meals to-go/Pantry

No residency restrictions

Questions:

Paul.mina@uwotc.org or 508-561-5811

Dial 211 for extensive list of United Way resources

Thanksgiving turkey and fixings distribution for pantry members

Curtis Family Feed- Thanksgiving Day hot meals in person- time TBD or call ahead for delivery in Framingham and Natick by calling Mark at 508-414-0299

Somerville Food Pantry

<https://somervillehomelesscoalition.org/food-security/>

South Boston Food Pantry

<https://sbscatholic.org/st-monica-food-pantry-ministry>

Sudbury Food Pantry

978-443-7725

534 Boston Post Rd Wayland

<https://sudburyfoodpantry.org/>

No residency or ID requirements. You are welcome 1x week.

508-528-3115

Watertown <https://watertowncatholic.com/news/food-pantr>

Waltham Food Pantry

<https://healthywaltham.org/food-pantries/>

123 Felton St.

Waltham- St. Vincent De Paul

<https://olca.org/st-vincent-de-paul-society>

Waltham- MHSA/Bristol Lodge

Immanuel Methodist Church

750 Main Street, Waltham

Pantry hours, clothing depot and soup kitchen, mobile market

<https://mhsainc.org/programs/>

781-883-2050

Watertown Food Pantry

<https://www.livewellwatertown.org/food-access-resources>

Wayland- Celebration International Church

Drive-thru food pantry open to the public. Translations available in English, Spanish, Portuguese (not always available), and Russian.

Open to the public

<https://www.cicalive.org/food-pantry>

<https://www.cicalive.org/>

Contact Information: 508-653-6864 ext. 0 or Help@cicalive.com

Pick-up Location: 6 Loker Street, **Wayland**, MA 01778

Operation Turkey Express pre-registration required for November 22 pick up:
<https://www.cicalive.org/events>

Worcester County Food Bank

508-842-3663

<https://foodbank.org/find-food/>

WhyHunger

1-800-5-HUNGER

Food resources across the country by zip code

<https://whyhunger.org/find-food/>

Woburn Community Resources: <https://www.socialconcern.org/about-us-2-3/>

Shelter/Housing Supports:

SMOC Framingham Family Resource Center, 88 Lincoln Rd 508-270-1313

SMOC- South Middlesex Opportunity Council, Common Ground Resource Center

508-872-4853

Turning Point for men- 3 Merchant Rd Framingham 508-875-6429

Shadows for women- 25 Central St Ashland

TEMPO

One stop resource center for young adults under 26 years of age

508-879-1424

1 Marion Rd Framingham

<https://www.waysideyouth.org/services/young-adult/tempo-young-adult-resource-center/>

Full list of Young Adult emergency Housing Resources

<https://www.mass.gov/info-details/list-of-young-adult-emergency-housing-options-supports-ages-24-and-under#plymouth--east-norfolk-counties>

Shelters- 25 yo+ <https://hedfuel.azurewebsites.net/iShelters.aspx>

Section 8 Housing Choice Voucher Program (HCVP)

<https://www.mass.gov/info-details/section-8-housing-choice-voucher-program-hc-vp>

CHAMP (common housing application for MA Programs)

<https://publichousingapplication.ocd.state.ma.us/>

Comprehensive Guide to Obtaining Housing Assistance

<https://www.mass.gov/guides/a-guide-to-obtaining-housing-assistance>

New England Center and Home for Veterans

<https://nechv.org/get-help/support/>

MA Housing Consumer Education Centers

Housing Consumer Education Centers offer answers to a wide range of questions about all types of housing problems. Tenants, Landlords, Prospective Buyers, and Homeowners can access information designed to maximize housing stability, strengthen investments, and minimize disputes.

<https://www.masshousinginfo.org/>

Department of Housing and Community Development

Housing, shelter and fuel assistance

<https://www.mass.gov/orgs/executive-office-of-housing-and-livable-communities>

Division of Housing Stabilization 877-418-3308

Fuel Assistance and Weatherization 800-632-8175

Division of Public Housing and Rental Assistance 617-573-1150

Rent or mortgage help- RAFT

<https://www.mass.gov/applying-for-rental-assistance-in-massachusetts-to-avoid-eviction>

U.S. Department of Housing and Urban Development

Housing support

<https://www.hud.gov/>

Young Adult Support Programs in Lawrence (YouForward), Everett (YouForward) and Lowell (YouthQuake) serving young adults, 16-26

<https://vinfen.org/services/young-adult-services/young-adult-access-centers/>

Emergency Family Shelter

866-584-0653

Winter response- No one will be turned away

Access program for emergency transitional and sober housing, open 9am-5pm

Metropolitan Boston Housing Partnership

1411 Tremont St. Boston

617-859-0400

Family Promise Metrowest- Life Program

Homelessness prevention program for families

<https://www.familypromisemetrowest.org/>

Rosie's Place

food programs, shelter, essential services, wellness

889 Harrison Ave, Boston

<https://www.rosiesplace.org/>

Action for Boston Community Development, Inc.

<https://bostonabcd.org/service/abcd-connect/>

Housing, immigration, energy assistance, food and clothing, referrals for Christmas assistance

Boston Public Library

<https://guides.bpl.org/guide4help>

Homes for all Massachusetts

<https://homesforallmass.netlify.app/help/>

Emergency Family Shelter

<https://www.mass.gov/how-to/find-emergency-family-shelter>

Homeless Youth Handbook- resources for adults too

<https://www.homelessyouth.org/en/us/massachusetts>

Shelters: The shelter system is still up and running but local offices may be closed. Shelter applications should be done by phone at 1-866-584-0653.

St. Vincent de Paul- Marlboro

Housing and basic need support

<https://stmattpar.org/st-vincent-de-paul>

Boston Emergency Shelter Commission

617-635-4507

<https://www.boston.gov/government/cabinets/boston-public-health-commission/homeless-services/emergency-shelter>

Haley House

Affordable housing resources

<http://haleyhouse.org/what-we-do/food-programs/soup-kitchen/>

Boston Night Center

<https://www.baycovehumanservices.org/homeless-services>

Y2Y

1 Church Street Cambridge

Daily lottery for nightly and monthly beds for young adults 18-24

617-864-0795

<https://www.y2ynetwork.org/>

Boston Rescue Mission

39 Kingston St Boston

Shelter, Meal Programs

617-338-9000

<https://www.brm.org/preventing-homelessness>

LUK, Inc. Worcester

youth , adult and family support

<https://luk.org/services/counseling-mainmenu-396>

Father Bill's and Mainspring-Brockton, MA

<https://helpfbms.org/help/>

Eviction Prevention/Rental Assistance programs:

Rent or mortgage help- RAFT

<https://www.mass.gov/applying-for-rental-assistance-in-massachusetts-to-avoid-eviction>

Department of Housing and Community Development

<https://www.mass.gov/orgs/housing-and-community-development>

Family Aid Boston

617-635-4500 or

Dial 311 for City of Boston Service Center

<https://familyaidboston.org/>

MA Legal Resource Finder

<https://masslrf.org/en/home>

Eviction assistance [a FAQ on housing issues](#).

MA Eviction Legal Services and Mediation

<https://www.mass.gov/info-details/eviction-legal-services-and-mediation>

Legal help finder

<https://www.lawhelp.org/>

MA Rental Assistance/RAFT

<https://www.mass.gov/applying-for-rental-assistance-in-massachusetts-to-avoid-eviction>

508-620-2327

Home Heating and Energy Assistance

<https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>

City of Boston Rental Assistance

<https://www.boston.gov/departments/housing/office-housing-stability/rental-relief-fund>

Emergency Rental Assistance for tribal households

<https://mashpeewampanoagtribe-nsn.gov/transitional-housing-and-shelter-application>

Facing eviction?

<https://www.mass.gov/guides/facing-eviction-we-can-help>

Metro Housing- Boston

Eviction prevention- help with utilities, mortgages and rent

Approval is not contingent on immigration status

<https://www.metrohousingboston.org/>

Home Start Line

Eviction Prevention Hotline

Walk-in hours Wednesdays 3-4:30pm for housing search consultation

1-857-415-2900

<https://www.homestart.org/about>

Section 8 Housing

Federal housing application

<https://www.mass.gov/service-details/rental-assistance-applications-documentation>

Local Housing Authority

List of units by town

<https://www.mass.gov/service-details/local-housing-authority-contact-listing>

CHAMP

MA housing application

<https://www.mass.gov/guides/how-to-apply-for-public-housing>

HousingWorks

Housing advocates: <https://www.housingworks.net/applicants>

Caritas Communities

<https://caritascommunities.org/our-programs/permanent-housing/>

Student Housing:

Community Housing sites for students- Rooms, apartments and roommates

College Rentals: <https://www.collegerentals.com/city/ma-boston/housing-finder>

Nesterly: <https://app.nesterly.com/search/boston>

Spoteasy.com: <https://www.spoteasy.com/>

Housing resources for International Students

<https://s3.amazonaws.com/massbayedunew/international/housing-resource-list-for-students.pdf>

Student Scholarships:

Fast Web: <https://www.fastweb.com/>

Big Future:

<https://bigfuture.collegeboard.org/scholarship-search/scholarship-list>

Scholly Search: <https://myscholly.com/search/>

United Negro College Fund: <https://uncf.org/>

Financial support:

Department of Transitional Assistance

TAFDC (Transitional Aid for Families with Dependent Children)

<https://www.mass.gov/orgs/departments-of-transitional-assistance>

300 Howard St Framingham

2201 Washington St Roxbury

1010 Mass Ave Boston

Food and economic assistance Mondays- Fridays 8-5pm

Case management, information and referrals

<https://www.mass.gov/orgs/departments-of-transitional-assistance>

MA fuel Assistance

LIHEAP (home heating and energy assistance)

<https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>

<https://www.mass.gov/service-details/learn-about-fuel-assistance>

Utility Assistance Programs

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

Comprehensive Resources for Immediate Help

<https://www.211.org/>

Find food assistance, help paying bills and other free reduced cost programs

<https://www.findhelp.org/>

Federal Benefit Finder

<https://www.benefits.gov/benefit-finder>

Mass.gov Childcare Voucher and transportation assistance

<https://www.mass.gov/service-details/get-childcare-and-transportation-help>

Yad Chessed social services in Waltham for Jewish community in need of financial support and basic needs. contact Yad Chessed at (781) 487-2693 or intake@yadchessed.org

Jewish Family & Children's Services

Emergency Assistance Program

<https://www.jfcsboston.org/Our-Services/Community-Services/Basic-Needs>

781-647-5327 ask for emergency assistance intake-line

JAssist- Jewish Assistance confidential resource locator

<https://jassist.org/>

Combined Jewish Philanthropies of Greater Boston

<https://www.cjp.org/our-work/caring-social-justice/our-caring-programs>

Unafraid Scholarship

For undocumented Boston Public School graduates

<https://unafraineducators.org/unafraid-scholarship/>

Medical Care resources:

MassHealth

www.mass.gov/masshealth 1-800-841-2900

MA Immigrant and Refugee Coalition (MIRA)

Health care resources

<https://miracoalition.org/resources/health-social-services/>

Free Medical Care Framingham

<https://gratishealth.org/home-en/>

The Edward M. Kennedy Community Health Center Worcester,
Framingham and Milford (medical, dental and vision services, + more)

<https://www.kennedychc.org/services/dental-services/>

Boston Public Health Commissions' Office of Oral Health

[617-534-23880](tel:617-534-23880) or oralhealth@bphc.org

The Latino Health Insurance Program

508-875-1237

88 Waverly St. #1

Framingham

Free Medical Care

Metrowest Free Medical Program for adult, women and vision care

Sudbury and Marlborough

<https://metrowestfreemedicalprogram.org/for-patients>

Free Medical Care

St. Ann Catholic Church, Shrewsbury Tuesdays 6-8

<https://www.worcesterfreecare.org/medical-programs/st-annes>

Healthcare for All

<https://hcfama.org/>

Planned Parenthood

<https://www.plannedparenthood.org/>

Patient Advocate Foundation- medical expense relief

<https://copays.org/funds/covid-19/>

GoodRx

Prescription coupons and best prices

https://www.goodrx.com/?gclid=CjwKCAjwgbLzBRBsEiwAXVlygNg7cWONVDW6NPsR1AoaY7Xt-YCLVag0dXtsDfF08oGoh6Wm49xFqhoCVtAQAvD_BwE

WellRx

Discount prescription medication

<https://www.wellrx.com/>

Massachusetts College of Pharmacy and Health Sciences

Pharmacy Outreach Program (886)-633-1617

<https://www.mcphs.edu/patient-centers-and-clinics/pharmacy-outreach-program>

Therapist

Hello Alma <https://helloalma.com/>

Find a therapist who fits your needs and takes your insurance

Treatment Connection Resource Directory

[MA BHHL Treatment Connection Resource Directory | Massachusetts Behavioral Health Help Line \(masshelpline.com\)](#)

Find a psychiatrist in MA

Psychology Today: <https://www.psychologytoday.com/us/psychiatrists/massachusetts>

U.S. News Health: <https://health.usnews.com/doctors/psychiatrists/massachusetts>

Dorchester/Mattapan Family Resource Center

<https://www.baystatecs.org/programs-services/> Family/Child programs, behavioral health, substance abuse treatment programs

Community and Belonging:

The Trevor Project

<https://www.thetrevorproject.org/blog/the-trevor-project-responds-to-anti-transgender-executive-order/>

Immigrant Legal Resource Center

<https://www.ilrc.org/>

Africano Waltham

<https://www.africanowaltham.org/>

Pair Project/Political Asylum

<https://www.pairproject.org/>

Metrowest Worker Center

<http://www.mwc-casa>

Free Immigration Consultations:

MA Immigrant & Refugee Advocacy Coalition, Know Your Immigration Rights

<https://miracoalition.org/news/know-your-rights/>

<https://www.miracoalition.org/>

Immigration Advocate Legal Helpline

[Immigration Helpline - MIRA Coalition](#)

Immigration Legal Services

<https://miracoalition.org/resources/legal-services/>

Citizenship for New Americans

<https://www.boston.gov/calendar/free-immigration-consultations>

Jewish Family Services:Free assistance with citizenship process for lawful permanent residents (green card holders).

<https://jfsmw.org/immigrant/citizenship-assistance/>

Project Citizenship <https://projectcitizenship.org/>

Kids In Need Of Defense (KIND)

<https://masslrf.org/en/programs/view/kind>

Family Preparedness Plan

https://www.bmc.org/sites/default/files/Programs_Services/Programs_for_Adults/center-family-navigation-community-health-promotion/1-Family-Preparedness-Plan.pdf

Legal Services:

Mass Legal Help

[Massachusetts Legal Help \(masslegalhelp.org\)](https://masslegalhelp.org)

Legal Help Finder

<https://www.lawhelp.org/>

Second Step

Legal advocacy, safety planning, counseling and transitional housing

<https://thesecondstep.org/>

Greater Boston Legal Services

<https://www.gbls.org/>

MA Legal Services

<https://masslrf.org/en/home>

Boston College Legal Services

<https://bclawlab.org/>

Domestic Violence Service Agencies:

National Domestic Violence Hotline

<https://www.thehotline.org/>

Open 24/7/365

@ndvh by chat 1-800-799-7233

Victim Rights Law Center

<https://victimrights.org/>

The Women's Bar Foundation

Free legal services for survivors of domestic abuse

<https://wbawbf.org/wbf>

Network

www.dvsn.org

DVVAP Warm line

Advocates will return your call.

888-399-6111

NewHope -domestic and sexual abuse support

24 hour confidential hotline, emergency hotline, counseling, safeplan

<https://www.new-hope.org/domestic-violence/>

Dove- domestic violence ended

Free and confidential support

<https://www.dovema.org/>

Reach MA, Waltham, MA <https://reachma.org/what-we-do/>

The Second Step, Newton, MA <https://thesecondstep.org/>

Voices Against Violence, Framingham, MA

<https://www.smoc.org/voices-against-violence.php>

Casa Myrna, Boston <https://casamyrna.org/>

Rosie's Place, Boston, MA <https://www.rosiesplace.org/>

The NetworklaRed Boston, MA LGBTQ survivor-led organizing to end partner abuse

<http://www.tnlr.org/en/resources/>

SAFELINK

Services are free and confidential

877-785-2020

TTY: 877-521-2601

Jane Doe, Inc.

www.janedoe.org

Gifts of Hope

Home goods, groceries and emergency funds for victims of domestic violence

<https://www.giftsofhopeunlimited.org/what-we-do/>

The bIRch House- a resource for adult female survivors of incest and childhood sexual abuse.

<https://birch-house.org/>

Holiday Supports:

Contact your local pantry page 8 for information about Thanksgiving/holiday meals/provisions.

Celebration International Church (CIC) 6 Loker St. Wayland, MA

<https://cicalive.org/foodpantry/>

Deadline to register is November 11

1 application per household, valid photo ID matching name on registration required.

Salvation Army holiday help

<https://easternusa.salvationarmy.org/massachusetts/boston-holiday-help/>

Angel Tree application for Christmas assistance:

<https://saangeltree.org/>

Globe Santa

<https://globesanta.org/aboutreq.aspx#request> DTA verification.

Applications due Nov. 1

Gifts for children up to age 12

My Brother's Keeper- all requests by phone

<https://www.mybrotherskeeper.org/christmas/>

Gifts for the whole family

Toys For Tots

<https://www.toysfortots.org/request-a-toy/>

The Society of St. Vincent De Paul

<https://www.svdpboston.org/how-to-get-help/>

WIFI resources:

Lifeline Internet:

<https://www.lifelinesupport.org/>

Internet Essentials:

<https://www.xfinity.com/learn/internet-service/internet-essentials>

Internet First

<https://www.internetfirst.com/apply/>

Cox

Internet: <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>

Substance Abuse Treatment:

Substance Abuse counseling-Advocates

<https://www.advocates.org/>
(508) 628-6300

In The Rooms- A global recovery community

Free on-line recovery tools

<https://www.intherooms.com/home/>

Resources for your home:

Welcome Home

free home goods for the kitchen, bedroom, bath and living spaces

Newton Center

<https://www.welcomehomemass.org/place-a-request.html>

5-6 week waiting list

Furniture Banks

New Life Furniture Bank, Walpole, MA <https://newlifefb.org/need-furniture/>

Household Goods Acton, MA <https://householdgoods.org/receive/>

Fresh Start Furniture Bank, Hudson, MA <https://freshstartfurniturebank.org/>

Habitat ReStores-<https://www.habitatmwgw.org/restore/>

Mission of Deeds- <https://www.missionofdeeds.org/client-services/>

Miscellaneous Resources:

Automotive Services

<https://www.keefetech.org/community/automotive-services>

Catholic Charities of Boston

275 West Broadway Boston

617-268-9670

Mentoring, childcare, counseling, shelter and interpreter services

Childcare resources

<https://www.sevenhills.org/programs/resources-for-parents-families>

Sitters For Scholars

free babysitting to low-income student parents

<https://www.sittersforscholars.org/>

A Bed For Every Child

<https://www.abedforeverychild.org/>

Resources for pregnant women

<https://birthright.org/framingham>

Free EpiPens with a prescription

<https://www.auvi-q.com/get-auvi-q>

Veterinary care for low-income individuals receiving SNAP or WIC

Worcester Vocational Technical High School and Tufts Veterinary Care

Massachusetts Pantries with pet food and Pet Food Pantries

[Massachusetts Pantries with Pet Food/Pet Food Pantries • MSPCA-Angell](#)

Canton Pet Pantry

<https://www.town.canton.ma.us/958/PET-PANTRY>

Women's Money Matters

Financial Literacy for Women

<https://womensmoneymatters.org/our-programs/>

Center For Working Families

Financial education and employment services

<https://www.boston.gov/departments/center-working-families>

The Wish Project- clothing and diapers

<https://www.thewishproject.org/how-we-can-help-you>

Lowell

Discounted Grocery Stores:

Daily Table

450 Washington St. Dorchester

474 River St. Mattapan

<https://dailytable.org/>

Price Rite

870 River St, Hyde Park

Brother's Supermarket

<https://www.brotherssupermarkets.com/brothers-supermarket-american-legion/>

Save-A-Lot

<https://savealot.com/>

Aldi Medford

<https://www.aldi.us/stores/en-us/Search?SingleSlotGeo=Medford%2C%20MA%2C%20USA&Mode=None>

Dollar Tree

<https://www.dollartree.com/store-locator>

If you have any trouble navigating these resources or need more help identifying resources in your area, contact, **Marybeth Fletcher** at mfletcher@massbay.edu